**Blistered Shishito Peppers**

**Ingredients**
- 6 ounces Shishito peppers (~20 peppers)
- 1 teaspoon extra-virgin olive oil
- 1/4 teaspoon coarse sea salt
- Optional: toss with garlic powder after cooked

**Directions**

Wash Shishito peppers with water. Make sure they are very dry if you want them a little crispy! In a medium bowl, toss together peppers and olive oil until lightly coated. Can add more oil if needed.

Heat a large skillet or pan over medium-high heat until hot. Transfer to the skillet and cook, stirring occasionally, until peppers are beginning to char (brown/blacken) and soften, about 5 minutes. Transfer to a serving dish and sprinkle with salt (and/or garlic powder). Serve immediately.

Tip: can also cook in oven at 400 F for 6-7 minutes.

Recipe adapted from [www.wholefoodsmarket.com/recipe/blistered-shishito-peppers](http://www.wholefoodsmarket.com/recipe/blistered-shishito-peppers)

Get more recipes at [uhs.berkeley.edu/studentnutrition](http://uhs.berkeley.edu/studentnutrition)

**Nutrition Tip:**
Shishito peppers are mildly sweet and a great source of vitamin C! Eat them as a snack or side dish!