

Roasted Shishito Peppers

Makes 4 servings

Shishito peppers have a fruity flavor and are mild (but 1 in 10 can be spicy!). Pan-roasting shishito peppers brings out their fruity flavor and turns them into a fun snack or appetizer. Your child can help by mixing the dip.

Ingredients

For the dip

- ½ cup low-fat Greek yogurt
- 2 teaspoons lemon juice
- ¼ teaspoon garlic powder or ½ small garlic clove, minced or grated
- ¼ teaspoon salt

For the peppers

- ½ pound shishito peppers
- 2 teaspoons olive oil
- ¼ teaspoon salt



Photo: Olive and Mango

Directions

1. *Make the dip:* In a small bowl, combine the Greek yogurt, lemon juice, garlic, and salt. Set the dip aside.
2. *Make the peppers:* Heat a large pan over medium-high heat and add the olive oil. When the oil is hot, add half of the peppers. Shake the pan to coat the peppers in the oil.
3. Cook the peppers on one side until they are dark brown in spots, about 3 minutes. Use tongs or a large fork to flip the peppers. Cook until the other side is also dark brown in spots, another 3 minutes.
4. Transfer the peppers to a plate lined with a paper towel. Sprinkle the peppers with the salt.
5. Repeat with the remaining peppers.
6. Serve the peppers warm with the lemon-yogurt dip.

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