



Grilled Sweet Peppers

Serves 6

Ingredients:

4 orange sweet peppers
4 red sweet peppers
4 yellow sweet peppers
2 tablespoons olive oil
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper

Directions:

1. Prepare grill for direct, medium heat.
2. Cut each pepper lengthwise into quarters, making sure to discard seeds, veins and stems.
3. Place pepper slices in a bowl. Add oil, salt and black pepper; toss to coat.
4. Place peppers, skin sides up, on grill rack. Cover grill. Cook peppers until they begin to soften, about 4 to 5 minutes. Turn peppers over, cover grill, and then cook peppers until slightly charred, about 3 to 4 minutes more. Place grilled sweet peppers back in bowl as they get done.

Diet: Paleo

Season: Spring

CookingMethod: Grill

FeatureIntro: Grilled sweet peppers can enhance a variety of dishes

Grouping: Grilled Fruits and Veggies

Holiday: Labor Day

RecipeIntro: These grilled sweet peppers enhance a variety of dishes.

MainIngredient: Vegetables

Week: 201820