



Blistered Grilled Shishito Peppers

30
minutes
or less

GF
option

V
option

INGREDIENTS

¼ cup Gustare Vita extra virgin olive oil
1 tbsp fresh lime juice
1 (8-oz.) pkg. shishito peppers
Hy-Vee Mediterranean sea salt, for serving
Lime zest, for serving
Lime wedges, for serving

PREPARATION

- 1** Preheat a charcoal or gas grill for direct cooking over medium-high heat (375°).
- 2** Heat olive oil and lime juice in a 12-inch cast iron skillet on grill. Add shishito peppers to skillet; cook 10 to 12 minutes or until peppers begin to blister, turning occasionally.
- 3** To serve, transfer peppers to a serving platter. Lightly sprinkle with sea salt and lime zest; serve with lime wedges, if desired.

NUTRITION FACTS

Calories: 90
Total Fat: 9g
Saturated Fat: 1.5g
Trans Fat: 0g
Cholesterol: 0mg

Sodium: 0mg
Carbohydrates: 3g
Fiber: 1g
Sugar: 2g
Protein: 0g