

Farmers Market Fun Family Recipes

ITALIAN- STYLE ROASTED PEPPERS

Serving Size: 2 Tablespoons

Yield: 6 servings

Ingredients

6 large red, green, or yellow peppers

1 cup (8 ounces) Italian dressing

½ cup chopped fresh basil leaves or 1 Tablespoon dried basil leaves

⅛ teaspoon pepper

Instructions

1. Place peppers in large aluminum-foil-lined baking pan or on broiler rack.
2. Broil, turning occasionally, for 20 minutes or until peppers turn almost completely black.
3. Immediately place in paper bag; close bag and let cool about 30 minutes. Under cold running water, peel off skin and remove stems and seeds; slice into long thick strips.

– Over –





Nutrition information:

Calories: 89

Carbohydrate: 21 gm

Fiber: 3 gm

Fat: <1 gm

Protein: <1 gm

Cholesterol: 0 mg

Sodium: 442 mg

*For more information,
contact your county
WVU Extension office
or go to www.ext.wvu.edu.*



4. In large bowl, combine peppers with remaining ingredients.
5. Cover and marinate in refrigerator, stirring occasionally, for at least 4 hours.
6. For best flavor, serve peppers at room temperature, accompanied by olives, mozzarella cheese, and tomatoes, if desired.

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