



Highlighting - Mini Sweet Peppers

Marinated Mini Rainbow Sweet Peppers

Use for open faced sandwiches, pizza, salads, antipasti platter, veggies

- 1 Tablespoon olive oil
- 8 ounces (about 2 cups) mini mixed colors sweet peppers,
stemmed, seeded, sliced 2 to 2-1/2 inch long and about 1/4 inch thick strips
- 1/8 teaspoon salt
- 1/4 cup white balsamic, white, or red wine vinegar
- 1 garlic clove, peeled; thinly sliced
- 1/4 teaspoon granulated sugar
- 1/8 teaspoon salt
- Dash ground black pepper
- 1/4 cup olive oil
- 2 Tablespoon finely sliced fresh basil leaves

Soften Peppers: Heat 1 Tablespoon oil in large skillet over medium high heat. Add peppers and 1/8 teaspoon salt; saute turning often until peppers soften and start to blacken on edges, about 7 minutes. Remove from heat.

Prepare Marinating Liquid: In a separate container or medium bowl, combine vinegar, garlic, sugar, and 1/8 teaspoon salt, and black pepper. Add the warm peppers; stir to coat with vinegar mixture. Set aside for 30 minutes.

Add olive oil and fresh basil to the pepper mixture; set aside for another 30 minutes.

To Serve or Save: Use for recipe or cover; chill overnight; can be stored in airtight container in the refrigerator for up to 1 week. Bring back to room temperature before using in a recipe. Yield: about 1-1/4 cups

About the Recipe: Peppers are quite sweet and a great ingredient to use in a salad, top a sandwich, or add to any main dish. Remember to always taste your peppers to see if they are hot or sweet.

Cooking Tips: Two basic approaches:

On and off quick – like stir frying, grilling, quick fry

Stewing them soft in own juices – chili, pepper sauces

Health Benefits of Peppers: Vitamin C and A, antioxidants, folate, fiber, Vitamin B6 and E.

For More Information: <https://www.farmerjonesfarm.com/blogs/news/tips-for-cooking-peppers-and-their-health-benefits>