



## **Shishito Peppers**



They are low in calories and high in dietary fiber, which helps you feel full and stay satisfied! Shishito Peppers are a **good source of Vitamins A, C, and E which are good for your skin, immune system, and eyesight**. Shishito Peppers are also rich in antioxidants that help fight off free radicals that damage your cells.

**\* 8 peppers provide 15 calories, 170% of your recommended daily Vitamin C, and 80% of your daily Vitamin A, as well as loads of vitamins K and B6.**

- 2-3 cups shishito peppers (or Padron peppers)
- ½ chopped onion (optional)
- 4-6 chopped cloves of garlic (optional)
- 2-3 tbsp veggie broth or water
- 2 tbsp olive oil
- 2 tsp lemon zest (or more optional to taste)
- 2 tsp salt salt
- 1 tsp garlic powder

In a large skillet add veggie broth and heat high until the pan is hot. Add peppers (chopped garlic & onions) in a single layer and let cook, undisturbed until peppers begin to blister (about 2 minutes). Carefully turn peppers with tongs or by vigorously shaking the skillet by the handle. Allow to cook for 2-3 more minutes. Drizzle olive oil over peppers (optional) and sprinkle peppers with sea salt and lemon zest and serve.