

HEALTHY RECIPES

from Bridget Wood, RD, LD, CDCES



AIR FRYER BLISTERED SHISHITO PEPPERS

INGREDIENTS

- 1 package (½ lb to 1 lb) Shishito Peppers, washed
- 1 tablespoon of Oil of your choice (Toasted Sesame Oil was used for this recipe)
- Salt to taste (Flake salt or a coarse salt would be great)
- Optional Toppings: Bonito Flakes*, Crispy Garlic, Sesame Dressing and Furikake**

*Bonito flakes are fish flakes

**Furikake is a multi purpose seasoning containing seaweed

STEPS

1. Preheat air fryer to 350 degrees Fahrenheit for about 5 minutes. 400 degrees can be done if in a hurry, but you'll want to monitor the peppers.
2. Toss peppers in oil.
3. Place peppers into the air fryer and cook until peppers are “blistered” and take on a pan fried appearance (about 10 minutes).
4. Remove peppers from the air fryer and plate.
5. Top with desired toppings!