

Prosciutto WRAPPED MINI SWEET PEPPERS

Like our Prosciutto Wrapped Bell Peppers recipe? Try the Mini version - it's just as delicious and simple to make! This is the perfect appetizer for any audience.



DIRECTIONS:

- Wash all vegetables before cooking.
- Take one slice of prosciutto and roll tight around one Mini Sweet Pepper. Repeat with every slice of prosciutto and Pepper.
- Finely chop thyme.
- Preheat oven to 350 degrees.
- Roll wrapped Peppers in thyme.
- Line baking sheet with parchment paper. Place wrapped Peppers on baking sheet.
- Put wrapped Peppers in oven. Cook for 10-15 minutes. Prosciutto should crisp up and Peppers should get a toasted color.
- Let cool for 5 minutes. Serve and enjoy!

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Prep time: 15 Minutes
Cook time: 10-15 Minutes
Serves: 5 People

INGREDIENTS:

- 10 NatureFresh™ Mini Sweet Peppers
- 10 prosciutto slices
- 2 tbsp thyme

CHEF'S TIP:

If you're making these in the summer, throw them on the top rock of your barbecue! Cook on medium heat for 10-15 minutes and enjoy this appetizer with a grilled twist!

Nutrition Facts	
Serving Size (82g) Servings Per Container	
Amount Per Serving	
Calories 70	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 660mg	28%
Total Carbohydrate 5g	2%
Dietary Fiber 1g 4%	
Sugars 2g	
Protein 8g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



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