

Cilantro-Lime SHISHITO PEPPERS

You'll be thanking us for the fresh lime juice in this tasty appetizer – 1 in 10 Shishito Peppers may be packed with spicy flavor!



Nutrition Facts	
servings per container	
Serving size	(36g)
Amount per serving	
Calories	40
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 2mg	0%
Iron 0mg	0%
Potassium 11mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Prep time: 2 Minutes
Cook time: 5 Minutes
Serves: 4 People

INGREDIENTS:

- ½ pack NatureFresh Farms Shishito Peppers
- 1 tbsp. avocado oil
- ¼ tsp. coarse salt
- 1 branch fresh cilantro
- Dash freshly ground black pepper
- ½ lime, zested
- Juice of full lime

CHEF'S TIP:

Serve these Peppers on a bed of Spanish rice to create a flavor-rich side dish!

STEPS:

- Wash all Shishito Peppers before preparing.
- Pour avocado oil in pan and sauté Peppers on medium heat setting for 2-3 minutes, or until slightly charred.
- Turn heat off, move pan to a cold burner, and add salt and small pieces of cilantro. Then add ground pepper, zested lime, and lime juice. Use a wooden spoon to combine all ingredients and coat Peppers.
- Serve and enjoy!

