



EAT MORE BURN MORE

GRILLED SISHITO PEPPERS WITH CUCUMBER-MINT DIP



Active time: 20 minutes

Cook time: 10 minutes

Yield: 4 servings

INGREDIENTS:

1 ¼ cup plain Greek yogurt

½ cup mint leaves, coarsely chopped

½ English cucumber, halved, seeded, and finely chopped

½ pound shishito peppers, washed and thoroughly dried

1 tbsp extra-virgin olive oil

Salt and pepper to taste

PREPARATION:

1. For the Dip: In a medium bowl, combine yogurt, mint, and cucumber; season with salt and pepper.
2. Heat grill to medium high. Meanwhile, place the peppers in a medium bowl. Add the extra-virgin olive oil, toss to coat, and set aside.
3. When the grill is ready, place the peppers on the grill and grill them uncovered, turning them occasionally, until they start to char and blister, about 6 to 8 minutes.
4. Remove the peppers, place them on a platter, and serve with the dip.