

# Marinated Mini Sweet Peppers



*With a sweet and savory balanced flavor, these peppers make a zingy addition to salads, sandwiches, or flatbreads. They also make a tasty side dish for grilled meats or fish.*

<b>YIELD</b> <b>6 SERVINGS</b>	<b>PREP TIME</b> <b>10 MIN</b>	<b>TOTAL TIME</b> <b>20 MIN</b>
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## INGREDIENTS

*For the Peppers:*

1.5 lb Sweet Peppers, mini or cut into quarters  
½ Tbsp Olive Oil

*For Marinade:*

6 Tbsp Sugar  
2 Tbsp Kosher Salt  
1¼ cup White Vinegar  
1 cup Water, cold  
6 cloves Garlic, minced or pressed  
1 cup Parsley, chopped  
1 cup Dill, fresh, chopped

## DIRECTIONS

1. Gather all ingredients and equipment.
2. Preheat grill to medium-low heat. Place mini peppers in a large mixing bowl and drizzle with olive oil and toss to evenly coat.
3. Place the peppers on grill and cook for about 2 minutes per side, roughly 5-6 minutes in total or until light grill marks appear on the peppers.
4. Remove from grill.
5. For the marinade: In a ½ gallon jar or large bowl, mix together sugar, salt, vinegar, water, garlic. Stir until sugar has dissolved. Add in the parsley and dill.
6. Place peppers in with the marinade. Be sure that the peppers are evenly dispersed among the herbs and marinade.
7. Cover tightly and allow to marinate overnight in the refrigerator before serving.

## CHEF'S NOTES

This simple recipe is a great resource for marinating all types of vegetables that adds a bright burst of flavor.

Marinated vegetables like these will keep well in a sealed container, in the refrigerator for at least a week.

A great alternative cooking method for grilling, would be to broil or roast (400°F) the peppers on a sheet tray in the oven.

# Nutrition Facts

6 servings per container

**Serving Size** ~5 Peppers (231 g)

Amount per serving

**Calories** **110**

% Daily Value \*

**Total Fat 1.5g** **0%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol 0mg** **0%**

**Sodium 10mg** **0%**

**Total Carbohydrate 21g** **8%**

Dietary Fiber 2g **6%**

Total Sugars 17g

Includes 12g Added Sugars **25%**

**Protein 2g** **4%**

Vitamin D 0mcg **0%**

Calcium 30mg **2%**

Iron 0.8mg **4%**

Potassium 80mg **0%**

\*The % Daily Value (DV) 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.

