Marinated Peppers

Description

I love this fresh and simple to prepare marinated peppers appetizer. Marinated peppers is always a favorite at my table.

Summary

Yield: 4
Prep Time: 2 hours
Category: Appetizers
Cuisine: Italian

Ingredients

- 1 medium red bell pepper
- 1 medium yellow bell pepper
- 1 medium green bell pepper
- 2 cloves garlic, peeled and crushed
- 3 sprigs parsley, chopped
- 1/2 fresh lemon, juiced
- 6 tbsps extra virgin olive oil
- sea salt to taste
- fresh ground pepper to taste

Instructions

Preheat oven to 500° F. Roast the bell peppers on an oiled baking sheet for 15 minutes, until the skins become black and blistered.

Place the peppers in a paper bag for 5 minutes. Peel off the skins. Cut the pods in half and remove the seeds and white cores. Reserve any juice.

Cut the bell peppers into 1 inch strips and arrange on a serving plate. Season with sea salt and fresh ground pepper to taste.

Sprinkle the crushed garlic and chopped parsley over the peppers. Combine the lemon juice, reserved pepper juice and olive oil and pour over the peppers. Marinate for 2 hours before serving.

Can garnish with a dollop aioli sprinkled with a few capers.