

Colorful Peppers with Zip



Plan Z Phase: This is a Z3 (ZReboot) recipe. Things like peppers are popular at Italian little plates restaurants. I'm offering you a recipe for mine here. Mine have a bit of an after-burner kick to them.

Serves: Serves 6 – 8 as a “little plate”, appetizer or side dish

Ingredients:

- 2 each, red, yellow and orange bell peppers cleaned and cut lengthwise into quarter inch wide strips
- 1/3 cup of extra virgin olive oil
- sea salt
- 1/2 tsp of cracked red pepper flakes

Instructions:

Preheat oven to 400 degrees.

Put the peppers in a 9" x 13" roasting pan. Drizzle on olive oil, grate a light dusting of sea salt and sprinkle on the flakes. Stir.

Roast for one hour until just a few of the peppers get a blackened tip.

Serve immediately or store in the refrigerator and reheat before serving.

Enjoy!

Cheers,