

Combine tender shishito peppers with garlic chips



My first shishito pepper encounter was more than five years ago at Elements restaurant at the Sanctuary. Tender, with a salty, sweet and deep smoky taste. While shishitos were once reserved for fine dining and niche Japanese restaurants, today you can find shishitos pretty commonly at decent res-

taurants. My husband and I fell so hard in love with shishitos that two years ago he bought seeds online and now he harvests shishitos all spring and summer long.

With their wide availability and as we enter their peak season of spring, I jumped at the chance to create this shishito recipe for you (and me) with sesame seeds, garlic and honey. Or you can

simply saute the peppers in a bit of oil and sprinkle with soy sauce or sea salt.

Beware that about one in 10 shishitos has a spicy kick. Still not to the level of a jalapeño, but hot enough to get you running for a glass of water, if you're not used to eating spicy food.

Nutritionally, you can feel good knowing that shishitos count as a vegetable, though, botanically speaking, they're a

fruit. Either way, in each serving, shishitos are low in calories and provide an excellent source of vitamin C.

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Recipe

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Blistered Shishito Peppers With Garlic Chips

Prep time: 5 minutes.

Cook time: 15 minutes.

Servings: 6 (½ cup each).

8 ounces (by weight) whole shishito peppers (about 4 cups)

1 teaspoon plus 2 teaspoons neutral high-heat oil like canola, rice bran or grape-seed oil

3 tablespoons sliced garlic

1 tablespoon sesame seeds

2 teaspoons reduced-sodium soy sauce

1 teaspoon honey

Rinse and drain the peppers. Blot dry with paper towels. Preheat a large saute pan on medium-low heat and drizzle 1 teaspoon oil down the middle of the pan. Add the garlic to the oil in a single layer and add the sesame seeds to the sides of the pan. Cook until the garlic is light golden, reducing heat as needed, gently shaking the pan back and forth, about 5 minutes. Transfer the garlic with a fork as the pieces turn golden, placing on a paper



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towel. Transfer the sesame seeds to the paper towel when they are aromatic and golden. This whole process should take about 5 minutes.

Wipe the pan clean with a

paper towel and place on medium-high heat. Add 2 teaspoons oil. When the oil is hot, add the peppers and flick the pan a few times to coat the peppers. Then allow them

to cook unbothered, tossing every couple of minutes to blister the peppers on all sides, about 7 minutes. Reduce the heat to low and cook a bit longer until tender. Remove

from heat and swirl in soy sauce and honey. Sprinkle with flaked salt, if desired. These also taste great served cool.

FROM MICHELLE DUDASH