

BC Roasted Bell Peppers



Makes 2 roasted peppers

BC Roasted Bell Peppers

Ingredients:

2	BC Bell Peppers, whole	900 g
2 tbsp	BC Canola Oil	30 ml

Preparation:

1. Turn on your oven's broiler.
2. Brush oil all over the peppers, and then place them on a baking sheet. Broil the peppers by carefully placing the sheet under the broiler. Char or blacken all sides of each pepper. Use tongs to turn the peppers.
3. When the peppers are completely charred, place them in a covered container for about 20 minutes, or until they are cool enough to handle.
4. Peel the blacked and charred skin off the softened pepper. The skin should come off easily.
5. Cut the peppers in half and scrape out the seeds with a spoon or paring knife.
6. The roast pepper can now be added to your favourite recipes or frozen in the freezer for later use.

BC Ag Fact:

Bell peppers can be red, yellow, orange, or green. Most peppers in BC grow hydroponically in greenhouses made of glass. Pepper plants are grown on supports so that they grow tall and narrow upward toward the sunlight.

