



MARINATED BELL PEPPERS WITH PINE NUTS AND HERBS

Flavor-packed and tender, these marinated bell peppers with pine nuts and herbs are an excellent addition to sandwiches, antipasti platters, or as a stand-alone side for some grilled steak or chicken. They also make for a vegetable-packed, breakfast, when topped with a couple scrambled or poached eggs.

INGREDIENTS

- 4 large bell peppers (red, orange, or yellow)
- 2 tablespoons [Farm Fresh Nut Dry Roasted Pine Nuts with Himalayan Salt](#)
- 1 shallot, thinly-sliced
- 1 small garlic clove, grated on a microplane
- 1 tablespoon sherry vinegar
- 3 tablespoons extra-virgin olive oil
- Kosher salt
- 1/4 cup torn fresh basil or flat-leaf parsley leaves, for garnish

INSTRUCTIONS

Set an oven rack in the top third of the oven and preheat the broiler.

Arrange the bell peppers on a baking sheet and broil, turning occasionally, until the skin has blistered and blackened all over 18-20 minutes.

Transfer the peppers to a medium bowl, cover, and let steam until cool enough to handle, about 15 minutes (this will help loosen the skins).

Meanwhile, in a small dry skillet, toast the pine nuts over medium-low heat, stirring often, until golden-brown, 2-4 minutes. If not serving the peppers right away, store in an airtight container for later.

Add the shallot, garlic, and vinegar to a large mixing bowl.

When the peppers are cool enough to handle, remove the skins, stems, and seeds. Cut them into 1 1/2-inch wide strips. Add the peppers and olive oil to the mixing bowl with the vinegar and alliums; toss to coat. Season to taste with salt. If time permits, let marinade for an hour at room temperature or up to 3 days refrigerated. (If refrigerated, bring to room temperature before serving.)

When ready to serve, garnish with the toasted pine nuts and herbs.

NOTES

These bell peppers are great shortly after preparation but deepen in flavor with a prolonged marinade. For the best texture, keep the pine nuts and herbs separate from the marinated peppers until you're ready to eat them. Some crumbled feta or bocconcini are nice additions if you want to enrich things further (and eat dairy).