

ONE BITE

VEGAN MAGAZINE



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Blistered SHISHITO PEPPERS

By Lisa Shaub



Bite into these sweet-spicy jewels and your mouth fills with earthy, smoky flavour. Mind says “Big bag of salty, crunchy potato chips” body says “Yeah! These are good for us!”. Blistered Shishito Peppers are a low glycemic small plate sensation. For diabetic, paleo, or low sugar diets Blistered Shishito Peppers are a no-brainer appetizer. Not only are they tasty and

salty, but also (great rejoicing...) contain health supporting vitamins and immune enhancers. This recipe is one ingredient, one pot, 5 minutes, done and dusted. This hot bite wonder makes an easy-to-cook-fast crowd pleaser, or a “I will eat all of it” side dish. Whatever way you slice it- Blistered Shishito Peppers! Oh yes!

FROM MY TOWN TO YOURS

I first sampled this delicious, low carb hot pepper at my East Village N.Y.C. Japanese Izakaya(local pub), Takahashi. Blistered Shishito Peppers are a simple, fast, small plate appetizer that is our go-to snack whenever we want to have more fun at home and with our friends.

FULLY LOADED

In addition to being tasty, Blistered Shishito peppers are loaded with health supporters and nutrients.

- Prevents cancer
- Controls weight
- Colon support
- Supports cardiovascular health
- Anti-inflammatory properties

Blistered Shishito Peppers are best served charred, salted, and accompanied with a side of lime. I know if you make this recipe that you will be choosing these over those over-processed potato chips. Who needs to feel all bloated and gross when you can feel happy, fun, and full of energy, with your belly shouting, "Hooray!"



ABOUT THE AUTHOR

Hi I'm Lisa!! love to cook and eat yummy vegan low glycemic food. My hand crafted recipes are created for diabetics, those with sugar issues, and anyone who wants to eat great, feel amazing and be creative. I live in N.Y.C., am a family gal, and, in addition to my blog L.S.Livewell, am a successful milliner. At L.S. Livewell I focus on recipes and lifehacks that make eating healthy, delicious, and sometimes beautiful. I am committed to teaching you my best tricks, so your life will be richer. Living well is best! Follow Lisa at- www.lslivewell.com



Blistered SHISHITO PEPPERS

By: Lisa Shaub

Blistered Shishito Peppers make a delicious, no fuss, small plate that is ready in 5 minutes. Salty, hot and sweet. Empty plates all around!



Ingredients:

- 8 oz shishito pepper
- 2 tsp olive oil
- generous pinch of celtic sea salt
- lime

Directions:

- Wash your peppers. Leave the tops on.
- Place in a cast iron pan, add oil. Turn heat on high.
- Cook uncovered, turning often. Peppers will start to sear.
- When peppers are soft turn off the flame. Plate them and salt.
- Serve immediately

Notes:

If you are watching calories you can omit the oil. Just make sure to closely watch and turn the peppers often so they don't burn. Blistered Shishito Peppers make a great cold or hot snack. They are also nice chopped up and added to salads and spreads.