

Simple Grilled Shishito Peppers

INGREDIENTS:

- 1 quart shishito peppers, rinsed well
- 1 tablespoon light olive oil
- sea salt and pepper to taste

METHOD:

Preheat grill (preferably charcoal). Set grill to medium or medium low heat. Spray grill pan with cooking spray and brush with oil. Place peppers on grill pan and cover grill. Cook peppers, turning every minute or two until peppers are soft and slightly charred. Serve immediately. For an interesting twist, toss cooked peppers with 1 teaspoon sesame oil and 1 tablespoon sesame seeds, or with togarashi. Serve hot.