



**Fabulous Pepper Recipes**

## Prime Time Sweet Mini-Pepper Poppers

- 1/2 cup (4 ounces) grated cheddar cheese
- 1/2 cup (4 ounces) fat-free cream cheese, softened (or whipped)
- 1/2 cup (2 ounces) grated fresh Parmesan cheese
- 2 tablespoons thinly sliced green onions
- 1/2 lemon, juice and zest
- 2 cloves of garlic
- Salt and Pepper to taste
- One Bag (16 or so) Prime Time Sweet Mini-Peppers, with the caps sliced off, and seeded
- 2 tablespoons chopped fresh parsley or cilantro

Preheat the oven to 375' F (190' C)

Combine first 8 ingredients in a bowl, stirring well. Spoon cheese mixture into each pepper. Place peppers on a flat pan, lined with foil and place on oven rack. Bake the peppers about 20 minutes, until they have softened and start to brown. Remove from the oven, let cool, and carefully place peppers on a serving platter. Sprinkle with parsley or cilantro, if desired.



## Prime Time Sweet Mini-Peppers Salad, with Black Beans and Corn in a Lime Vinaigrette

- 2 (15 ounce) cans black beans, rinsed and drained
- 3 ears fresh cooked corn, kernels cut off the cob (about 2 cups)
- 4 Prime Time Sweet Mini-Peppers, diced (about 2 cups)
- 1/2 cup steamed white rice, cooled
- 2 medium cloves garlic, minced (about 2 teaspoons)
- 2 tablespoons minced shallots, from one medium shallot
- 2 teaspoons salt
- 1/4 teaspoon cayenne pepper
- 2 tablespoons sugar
- 1/2 cup plus 1 tablespoon extra virgin olive oil
- 1 teaspoon zest and 6 tablespoons juice from 5 to 6 limes
- 1/2 cup chopped fresh cilantro leaves, plus more for garnish
- 2 avocados, chopped

Combine all ingredients except for avocados in a large bowl and mix well. Cover and chill at least 30 minutes and up to over night. Right before serving, add avocados and fold gently, being careful not to mash avocados. Garnish with more chopped cilantro if desired. Serve at room temperature.

Adapted from [www.seriousseats.com](http://www.seriousseats.com)



# Stuffed Prime Time Sweet Mini-Peppers

- 3 tablespoons extra-virgin olive oil
- 1 pound assorted Prime Time Sweet Mini-Peppers (about 24)
- 1 small onion, diced
- 1 poblano chile pepper, seeded and diced
- 3 cloves garlic, minced
- 1/2 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ancho chile powder
- 1 teaspoon chipotle chile powder
- Kosher salt
- 1/2 pound ground pork
- 1/4 cup chopped fresh cilantro
- 3 ounces muenster cheese, diced (about 3/4 cup)
- Lime wedges, for serving



Heat the olive oil in a large nonstick skillet over medium heat. Add the peppers in a single layer and cook, turning, until the skins blister and start browning, about 8 minutes.

Transfer to a plate.

Add the onion, poblano, garlic, cumin, oregano, ancho and chipotle chile powders and 1 teaspoon salt to the skillet. Cook, stirring, until the onion and poblano are tender, about 8 minutes. Increase the heat to medium high and add the pork. Cook, breaking up the meat with a wooden spoon, until no longer pink, about 6 minutes. Remove from the heat; let cool.

Meanwhile, preheat the oven to 425 degrees F. Make a slit in each pepper with a paring knife, cutting from stem to tip. Crumble the meat mixture into small bits, then stir in the cilantro and cheese. Stuff 2 to 3 teaspoons of the meat mixture into each pepper using your fingers or a small spoon; transfer to a baking sheet. (The peppers can be stuffed up to 4 hours ahead; cover and refrigerate. Bring to room temperature before baking.)

Bake until the peppers are hot and the cheese melts, about 10 minutes. Season with salt and serve with lime wedges.

## Prime Time Sweet Mini-Peppers with Sausage

- 3 tablespoons olive oil
- 12 Prime Time Sweet Mini-Peppers, seeded and cut in half inch strips
- 1 clove garlic, minced
- 1 medium white onion, sliced in strips
- 2 Italian (either spicy or sweet) sausages
- 2 1/2 cups of tomato sauce
- Salt and Pepper to taste

Toss the pepper strips in 2 tablespoons of olive oil and salt, and place in a pan under the broiler until they are tender.

In a large skillet, saute the onions, garlic and remaining olive oil. Thinly slice the sausages, add them to the skillet, cooking until browned. Then add the roasted peppers and tomato sauce and stir well. Season with salt and pepper, and simmer for about 10 minutes. Serve over pasta or on its own.



## Skillet-Grilled Prime Time Sweet Mini-Peppers with Pesto

- 12 Prime Time Sweet Mini-Peppers
- 6 fresh mushrooms
- 1 medium onion
- 1 medium tomato
- 6 baby artichokes (canned or in a jar)
- 2 tablespoons olive oil
- 2 tablespoons salted and roasted sunflower seeds
- 3 tablespoons pesto sauce (fresh or pre-made)
- 1 tablespoon lemon juice
- 1/2 teaspoon salt

Slice peppers and onions into bite-sized wedges. In a skillet, on high heat, add oil only to coat pan and flash fry onions, peppers, mushrooms and baby artichokes, turning just to brown edges and soften. Lower heat to medium and add 1 tablespoon of olive oil. Cook vegetables until tender, about 15 minutes. Pour pesto sauce over vegetables and serve with sunflower seeds as garnish.



# Chinese Prime Time Sweet Mini-Pepper Steak

- 1 pound flank steak, cut into 1/4-inch thick strips
- 1/4 cup soy sauce (divided)
- 1/3 cup dry sherry (divided)
- 2 tablespoons corn starch
- 1/3 cup chicken stock
- 1 tablespoon sesame oil
- 1 tablespoons sugar
- 1 tablespoon freshly ground black pepper
- 4 yellow, 4 orange and 4 red Prime Time Sweet Mini-Peppers, cored and sliced (about 3 cups)
- 1 medium onion, cut into 1-inch strips (about 1 1/2 cups)
- 2 medium cloves garlic, finely minced (about 2 teaspoons)
- 2 teaspoons finely minced fresh ginger
- 3 scallions, whites only, finely minced
- 4 tablespoons vegetable, peanut, or canola oil
- Salt to taste



Combine beef, 1 tablespoon soy sauce, and 1 tablespoon dry sherry in a bowl and toss to coat. Let marinate for at least 20 minutes at room temperature (and up to 3 hours).

Meanwhile, combine remaining soy sauce with corn starch and stir with a fork to form a slurry. Add remaining dry sherry, chicken stock, sesame oil, sugar, and pepper. Set aside. Combine peppers and onions in a bowl and set aside. Combine garlic, ginger, and scallions in a bowl and set aside.

When ready to cook, heat 1 tablespoon oil in a wok over high heat until smoking. Add half of beef and cook without moving until well seared, about 1 minute. Continue cooking while stirring and tossing until lightly cooked but still pink in spots, about 1 minute. Transfer to a large bowl. Repeat with 1 more tablespoon of oil and remaining beef, adding beef to same bowl. Wipe out wok. Repeat with 1 more tablespoon oil and half of peppers and onions. Transfer to bowl with beef. Repeat with remaining oil and remaining peppers/onions. Return wok to high heat until smoking. Return peppers/onions/beef to wok and add garlic/ginger/scallion mixture. Cook, tossing and stirring until fragrant, about 30 seconds. Add sauce and cook, tossing and stirring constantly until lightly thickened, about 45 seconds longer. Carefully transfer to a serving platter and serve.

# Roasting Peppers

## Why Roast Peppers

Roasting peppers brings out the natural sweetness of the peppers, and it's not difficult to do. Whether you're using your oven or a grill, you can roast red peppers a few at a time, or stock up for a longer period.

## How to Roast Peppers

To roast your own peppers, hold them over the flame of a gas grill or place halves (skin-side-up) under the broiler until the skin is charred and blackened. Once blackened, transfer peppers to a plastic bag to steam for a few minutes. When cool enough to handle, remove the blackened skin and use the peppers as desired.

## How to Store Roasted Peppers

If you are roasting many peppers and want to store them indefinitely, freezing them is best. Layer the peppers between sheets of wax paper in a plastic container for easy removal, and thaw as many as needed. Stored this way, roasted peppers should last for several months. If you have a small amount of peppers that you plan to use within a week or two, place them in a small container, cover them with olive oil, and refrigerate.

## How to Cook with Roasted Peppers

There are so many ways to enjoy roasted peppers.

Below are just a few examples:

1. Stir into pasta sauces (regular and meat-based sauce)
2. Arrange slices on top of pizzas or flatbreads before baking
3. Stir into egg, chicken or tuna salads
4. Fold into scrambled eggs, frittatas or stuff into omelets
5. Serve alongside steak, shrimp and chicken fajitas
6. Puree with light sour cream or cream cheese for a fabulous dip
7. Arrange over wilted spinach and top with toasted pine nuts
8. Use in place of tomatoes in Caprese salad (fresh mozzarella, basil, drizzle of good olive oil)
9. Fold into pasta, rice and quinoa salads
10. Stir into mashed potatoes
11. Nestle into pita pockets with hummus
12. Press into panini sandwiches
13. Stir into wild mushroom risotto





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