
Charred Peppers with Feta Dipping Sauce

The Essential Southern Living Cookbook

Servings: 4

Preparation Time: 20 minutes

Start to Finish Time: 25 minutes

Look for a colorful assortment of baby sweet peppers in the produce section. Hold them by the stems while dipping.

1/4 cup feta cheese, crumbled

1/4 cup Greek yogurt

1 scallion, minced

2 teaspoons chopped fresh mint

4 tablespoons fresh lemon juice, divided

3 tablespoons extra-virgin olive oil, divided

table salt (to taste)

black pepper (to taste)

1 package (8 ounce) assorted mini sweet peppers

Heat a twelve-inch cast-iron skillet over medium-high heat for 5 minutes.

In a small bowl, whisk together the feta cheese, yogurt, scallion, mint, two tablespoons of lemon juice and two tablespoons of oil. Stir in the salt and black pepper to taste. Let stand at room temperature until ready to use.

Toss the sweet peppers with one tablespoon of the oil. Sprinkle with the desired amount of salt. Cook the peppers in the hot skillet over medium-high heat, turning occasionally, until charred and slightly wilted, about 8 minutes.

Transfer the peppers to a serving plate. Drizzle with the remaining two tablespoons of lemon juice.

Serve with the feta dipping sauce.

Side Dishes

Per Serving (excluding unknown items): 120 Calories; 12g Fat (88.5% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 8mg Cholesterol; 106mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat.