

Shishito & Padron Peppers



SEASONALITY



NUTRITIONAL PROPERTIES

These mostly mild peppers are a great source of vitamin C. They are low in carbohydrates and have a moderate amount of protein. They are also a good source of fiber and minerals.

STORAGE

Store in the refrigerator in a plastic or paper bag. Peppers will last about 10 days when stored properly.

PRESERVATION

These peppers are fantastic dried. They can be used to season soups, salsas, and stir fries later in the year.

HOW TO PREPARE BLISTERED PEPPERS

1. Heat oil in a frying pan or skillet on medium high heat.
2. Put whole peppers in the pan.
3. Continue to turn until the peppers begin to blister.
4. Remove from pan.
5. Season with salt, pepper, and lemon or lime.
6. Eat as a side or appetizer.

Shishito and padron peppers can be added to stir fries, soups, omelettes, scrambles, and other dishes. They have a smoky and robust flavor. They are usually mild.

RECIPES FROM HOFFA

with shishito or padron peppers 

- Add to Black Bean and Corn Salad
- Squash Chili Boats
- Spanish Rice and Stuffed Peppers

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