

Grilled Orange Peppers With Feta and Olives

This recipe is part of the Feast for the Eyes® collection

- 3 orange bell peppers
- 1 teaspoon plus 3 tablespoons grapeseed oil (or other oil)
- 1 tablespoon lemon juice
- 1/4 teaspoon smoked paprika
- 1/2 teaspoon finely minced garlic
- 1/4 teaspoon freshly chopped oregano
- Freshly ground black pepper
- 1/4 cup crumbled feta cheese
- 1/4 cup sliced kalamata olives



Preheat a grill to medium-high heat. Lightly brush the peppers with 1 teaspoon of grapeseed oil and place the peppers on the grill. Cover and cook until slightly charred 3 to 5 minutes. Turn and cook an additional 5 minutes, until charred. Set aside in a bowl covered with plastic wrap.

To prepare the vinaigrette, whisk the remaining grapeseed oil, lemon juice, paprika, garlic, oregano and black pepper. Peel, seed and core the peppers and cut them into bite-sized portions. Toss peppers, feta cheese and olives with the vinaigrette and set aside for 10 minutes (if you have the time), then serve.

Nutritional Profile *(per serving)*

Serves 4

Calories: 178

Total fat: 15 g

Saturated fat: 3 g

Protein: 3 g

Carbohydrates: 10 g

Fiber: 1 g

Sugars: 0 g

Cholesterol: 8 mg

Sodium: 209 mg

Vitamin A: 321 IU

Vitamin C: 258 mg

Vitamin E: 4.9 IU

Zinc: 0.51 mg

Beta-carotene: 168 mcg

Lutein and zeaxanthin: 1.8 mcg

Omega-3 fatty acids: 0 g

Grilled Orange Peppers Shopping List

- 3 orange bell peppers
- Grapeseed oil
- Lemon for juicing or bottled lemon juice
- Smoked paprika
- Garlic
- Fresh oregano
- Black pepper for grinding, or a disposable, pre-filled pepper grinder.
- Crumbled feta cheese
- Kalamata olives (enough for approx 1/4 cup)