

We have such an abundance of hot peppers this year. Here are three great ways to enjoy them.

Roasted

Roast sweet or hot peppers over a gas flame or grill until the skin is charred. Place in a paper bag for 5 minutes. Remove skins. Chop.

Once roasted, peppers can be placed in zip bags and frozen. They'll last for months and are great in soups, stews, etc.

Fresh

For immediate use, get some tomatoes, onion, limes and fresh cilantro. Chop up the vegetables including fresh jalapenos (seeds removed for milder taste) or other hot peppers, add a little salt and olive oil to the vegetables in a mixing bowl.

The salt releases the juice from the tomatoes, the oil releases the capsaicin from the chilies. The result is a fantastic fresh salsa.

Baked & Sautéed

Hot peppers are great stuffed with a mixture of Italian sausage (removed from casings), breadcrumbs, pecorino or parmesan cheese and oil.

Then either pan fry or bake until the filling is cooked and the skin of the pepper is nice and soft. Serve with marinara on top of pasta for a great Italian style dinner.