

# Oil-Free Air Fried Sweet Peppers

*Swick*

Serves 1 | Active Time: 10 minutes | Total Time: 25 minutes

## Step 1: Prepare the Peppers

- 1 pound of small-to-medium sweet peppers,\* left whole (or 2 large bell peppers)
1. Wash and dry peppers, leaving them whole
  2. Line the air fryer basket with parchment paper.
  3. Place peppers in the basket, being sure not to let the peppers overlap.
  4. Preheat air fryer to 390°F (200°C).

## Step 2: Air Fry the Peppers & Prep for Serving

Air fry for 12–14 minutes, shaking halfway through, until slightly charred and tender.

Remove from air fryer, place on a cooling rack. Cover with parchment paper or a kitchen cloth for about 10 minutes. This will allow the peppers to steam and make it easy to peel away the pepper skin.

Pull the stem off the pepper, and squeeze out any excess fluid. Peel away the skin.

With a knife, cut the pepper in half, and scale away any excess seeds.

With kitchen shears, cut the peppers in strips or quarters.

Serving Suggestions: Enjoy warm or chilled. Ideal in wraps, salads, appetizers, etc.

CHEF NOTE: Batch cook a pound of peppers to have on hand for any quick dinner. Store the peppers in an air-tight container. Have them at the ready for any kitchen adventure.