

## Roasted Shepherd Pepper Dip



**S**hepherd Peppers are huge, big sweet red peppers — available in late August until the first frost in the fall. Did you know they are actually a fruit? They are very much like standard sweet red bell peppers in taste, thickness and colour, but somewhat juicier. Shepherd Peppers are also a good source of **Vitamin K, Thiamine, Riboflavin, Niacin, Potassium and Manganese**, and a very good source of dietary fibre, loaded with **antioxidants, Vitamin A,C,E, B6 and Folate**.

Much like their cousin the Bell Pepper, they come in different vibrant colours from green, yellow, orange to red, depending upon their ripeness. They are pretty to look at, and choose a range of colour to boost the nutrients and aesthetics of your salad, shell for a stuffed dish or just as a crunchy snack.

Due to their thinner skin, it takes much less time to roast Shepherd Peppers! We've included a recipe that is sure to be a family favourite.

**Garlic**- staple in ethnic recipe, this one included! They are just a wonderful addition to any dish from salad to a stew dish. A simple clove gives you a boat load of health benefits:

- can combat sickness, including the Common Cold. ...
- the active compounds in **Garlic** can reduce Blood Pressure. ...
- improves cholesterol levels, which may lower the risk of Heart Disease.

This super simple dip takes merely 5 minutes to prep, and will be a definite hit at any gathering. Serve with veggie sticks, flatbread or rice crackers.

To intensify the aroma, add a little chopped, fresh basil and maybe a dash of cayenne to give it a little heat and a little kick.

### What You Need:

- 1 big red **\*Shepherd Pepper-** about 9"-10" long(deeper the red, sweeter the pepper)
- 2 cloves of **Garlic** (you can always use more)
- 10 – 12 leaves of fresh **Italian Basil**
- Half a cup of **Greek Yogurt**
- 1 tablespoon of **Tahini**
- 1 pinch of salt
- A dash of cayenne pepper (adjust to your taste)



### What you do:

- ✓ Roast the Shepherd Pepper at 180C/375F until the skin blisters (takes about 20 minutes). You should see some char marks on the pepper. Let it cool down a bit and then you can easily remove the skin and the membrane with seeds inside.
- ✓ Tear it up and add all of the ingredients into a food processor. Process for about 3 minutes until it becomes a beautiful orange-red cream.
- ✓ Pour into a glass bowl, cover and refrigerate for at least 30 minutes so the flavours and spices can marry and the taste can intensify.

- ✓ Cut up some cucumbers, celery or carrots, grab some crackers or pita and dig in.

\*Note:

When choosing your **Shepherd Pepper**, keep in mind that the deeper the red, the sweeter it tastes.

You can always use red bell peppers in this recipe if you can't find **Shepherd Peppers**. It will take longer to grill as they have thicker skin, but the taste will be comparable.