



Peppers and Zucchini

Adapted from Bon Appetit - Fast, Easy, Fresh

BAH Note: I started out to make a poblano rajas with zucchini. Bon Appetit - Fast, Easy, Fresh describes rajas as roasted chile strips cooked with onion and spices. But they wanted me to add a half cup of cream to the vegetables. And I just couldn't bring myself to do that. I also neglected to add any seasoning other than kosher salt. Maybe when I go to heat up the leftovers, I will add a pinch of ancho chili powder.

While I think this recipe is pretty SB friendly, if I wanted to make it completely South Beachy, I would use olive oil, or a combination of butter and olive oil to sautee the vegetables.

- 2 poblano chiles
- 2 red peppers
- 2 small zucchini, sliced
- 1/2 cup onions, diced
- 1 tablespoon butter

Place a rack directly under your broiler and line it with a sheet of foil. Place the poblano chiles and red peppers on the foil. Broil until the exterior is completely charred, carefully turning them as needed. Transfer them to a bowl, cover with plastic wrap, and let sit for 15 to 20 minutes. Carefully remove the charred skin (and seeds if you like) and roughly chop the peppers.

Heat the butter in a dutch oven over medium heat. Add the chopped peppers, zucchini, and onions. Saute until the onions are translucent and the zucchini is tender. Season to taste with salt and pepper.

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