

## BBQ Bell Peppers

**You'll Need:** Tongs, a barbecue

**Preparation Time:** 20 minutes

**Cooking Time:** 10 minutes

Ingredients	Amount for 6 Servings
Bell Peppers, different colours	6 whole
Olive Oil	Enough to lightly coat pepper slices
Salt	To taste
Pepper	To taste

### Method:

Step 1: Slice bells peppers in half and clean out stems.

Step 2: Slice bell peppers into thick, long pieces

Step 3: Brush with olive oil and season lightly with salt and pepper

Step 4: Place pepper backside directly on grill for 3-8 minutes, until cooked to desired tenderness. Use medium-high heat.

Step 5: Turn over and grill pepper for another 2-4 minutes on inner side.

### Nutrients per Serving:

**Calories:** 50 kcal

**Fat:** 3g

**Sodium:** 5mg

**Carbohydrates:** 8g

**Fiber:** 2g

**Protein:** 1g