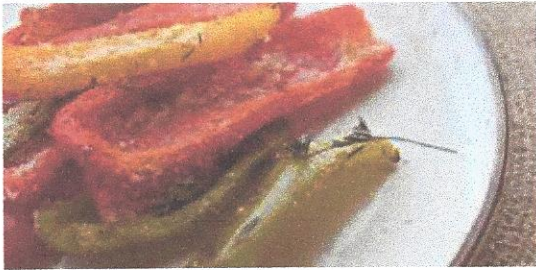

Appetizers - Parmesan Peppers



4 Whole Bell Peppers, Green, Yellow, Orange, Red
1 Clove Garlic, Minced
8 Fresh Thyme Sprigs, Minced
1 Tablespoon Olive Oil
1/4 Cup Parmesan Cheese
1/2 Medium Lemon, Juice of
Salt, to taste
Black Pepper, to taste, Freshly Ground

Stem, core, seed and quarter the bell peppers.

Toss with the garlic, thyme and olive oil.

Season with salt and pepper.

Arrange, skin side down in a single layer and roast at 425 degrees F for about 20 minutes, or until softened.

Top with Parmesan cheese and broil until the cheese has melted and the peppers are slightly charred.

Squeeze lemon juice over the peppers.

Per Serving (excluding unknown items): 349 Calories; 20g Fat (48.8% calories from fat); 13g Protein; 35g Carbohydrate; 9g Dietary Fiber; 16mg Cholesterol; 383mg Sodium. Exchanges: 1 Lean Meat; 5 Vegetable; 0 Fruit; 3 Fat.

