



# Bell Pepper Rings

## Ingredients:

- 2 bell peppers
- 2 large eggs, beaten with 1 tbsp water
- 1 c. flour
- 1 1/2 c. Panko breadcrumbs
- 1 tsp salt
- Optional: garlic powder, Paprika, sour cream for dipping

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Preheat Oven to 400°

- 1) Slice bell peppers into 1/2" rounds, seeds removed
- 2) Put flour, egg mixture, and breadcrumbs into 3 separate bowls
- 3) combine breadcrumbs with paprika, garlic powder, and salt if desired.
- 3) Coat each pepper ring first in flour, then egg, and then breadcrumbs
- 4) Place coated rings on a parchment paper lined baking sheet
- 5) Bake 20 minutes, flipping once at 10 minute mark
- 6) Bake until tender, let cool slightly
- 7) Optional, dipping sauce with sour cream.

Recipe and bottom photo from:

Abraham, Lena. "Bell Pepper Oven Fries"

Delish, <https://www.delish.com/cooking/recipe-ideas/recipes/a58121-bell-pepper-oven-fries-recipe/> Accessed 20, April 2020.