

Shishito Pepper

Look: Shishito Peppers have wrinkly thin skin and are usually about 3 inches long. The skin color can be bright green or bright red depending on the type.

Taste: Shishito Peppers are completely edible, including the seeds. They taste mild, sweet, and slightly smoky without significant heat.

Touch: Shishito Peppers have firm and smooth skin despite the creases.



1 in 10 Shishito Peppers will be spicy!



Did you know?

Also known as Lion Pepper, Shishito comes from the Japanese word "shishi" which means "lion".



Nutritionals

