

SUNSET'S KITCHEN CABINET

Creative ways with everyday foods—submitted by *Sunset* readers, tested in *Sunset* kitchens



JALAPEÑO CHILIES heat up this pepper jelly. For a quick appetizer, serve over cream cheese.

Bell Pepper Jelly

Marilou Robinson, Portland

- 1½ pounds red, yellow, or green bell peppers
 - 2 fresh jalapeño chilies (about 1½ oz. total)
 - ¼ cup balsamic vinegar
 - ¼ cup white vinegar
 - ¾ teaspoon cayenne
 - ¾ cup light corn syrup
1. Stem, seed, and cut bell peppers into ¼-inch-wide strips. Stem, seed, and chop jalapeño chilies.
 2. In a 10- to 12-inch frying pan on medium-

high heat, occasionally stir bell peppers and chilies until they are limp, about 7 minutes. Add balsamic and white vinegars and cayenne. Boil, stirring occasionally, until liquid evaporates, about 3 minutes. Add corn syrup and boil, stirring often, until syrup forms a thick, sticky thread when dripped from a spoon, 8 to 10 minutes.

3. Serve jelly warm or cool (it thickens slightly). If making ahead, cover, and chill up to 1 month. Makes 1½ cups.

Per tablespoon: 42 cal., 2.1% (0.9 cal.) from fat; 0.3 g protein; 0.1 g fat (0 g sat.); 11 g carbo.; 15 mg sodium; 0 mg chol.