



**NEW EPISODES  
MONDAYS  
AT NOON EST**

## **"Viewers' Choice Recipes" Las Pastas de Diablo**

**2 tbsp extra virgin olive oil  
3 shallots diced  
1 tbl garlic  
1 red bell pepper diced/smoked/grilled  
1 yellow bell pepper diced/smoked/grilled  
1 orange bell pepper diced/smoked/grilled  
2 sliced banana  
1/4 cup pineapple sauce  
3 whole oranges (squeeze the juice out and discard the rest)  
4 tbsp Key West lime juice  
1 bunch chopped cilantro  
3 habaneros finely chopped, or however much you can tolerate  
1/4 cup grated parmesan cheese (Grilldog prefers a mixture of cheddar, mozzarella and parmesan for this one)  
2 tsp butter  
Red pepper flakes or roasted Serrano chiles, diced  
1 pound pasta (fettuccine works best)  
Salt/pepper to taste**

**In large saucepan, heat oil and sauté shallots, garlic and bell peppers. Add the bananas, pineapple and orange juice, simmer until bananas are soft. Remove from heat and add lime juice, cilantro, habaneros, and tablespoons of the cheese. Cook the fettuccine then add the mixture, butter, salt, pepper and the rest of your cheese. Serve with red pepper flakes for your guests to heat up to their desire. You'll need plenty of napkins to wipe your brow for this one.**

**Of course, you don't have to grill the bell peppers, but this comes out more spectacular if you do. Grilldog advises to use the grilled Serrano's too.**