

Roasted Pepper Salad with Balsamic Vinaigrette

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Servings: 5

Preparation Time: 20 minutes

Broil Time: 20 minutes

A quick and easy version of this recipe can be done by purchasing a jar of roasted red peppers and a bottle of balsamic Vinaigrette.

2 large sweet yellow peppers
2 large sweet red peppers
2 large sweet green peppers
1 small red onion, thinly sliced
3 yta balsamic vinegar
1 tablespoon fresh oregano, minced
1 tablespoon fresh rosemary, minced
1 tablespoon fresh basil, minced
1 tablespoon fresh parsley, minced
1 clove garlic, minced
1/2 teaspoon garlic powder
1/2 teaspoon cayenne pepper
1/2 teaspoon pepper
1/4 teaspoon salt
1 cup cherry tomatoes, halved
1 carton (8 oz) fresh mozzarella cheese pearls
5 fresh basil leaves

Broil the peppers four inches from the heat until the skins blister, about 5 minutes. With tongs, rotate the peppers a quarter turn. Broil and rotate until all sides are blistered and blackened. Immediately place the peppers in a large bowl. Cover and let stand for 20 minutes.

Peel off and discaed the charred skin. Remove stems and seeds. Cut the peppers into thin strips. Place in a large bowl and add the onion.

In a small bowl, whisk the oil, vinegar, herbs, garlic, garlic powder, cayenne, pepper and salt. Pour over the pepper mixture and toss to coat.

Cover and refrigerate for up to four hours.

Before serving, allow the peppers to come to room temperature.

Place on a serving plate.

Top with the tomatoes, cheese and basil leaves.

Per Serving (excluding unknown items): 84 Calories; trace Fat (4.1% calories from fat); 2g Protein; 24g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 116mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Vegetable; 1/2 Fruit; 0 Fat.