

Grilled Pepper Salad

Salad Ingredients:

4 large peppers, red or yellow or a combination
2 Tbsp capers in salt, vinegar, or brine, rinsed
18-20 black, green, or Kalamata olives

Dressing Ingredients:

6 Tbsp olive oil
2 cloves garlic
2 Tbsp balsamic or wine vinegar
Salt and freshly ground black pepper

Steps:

Place the peppers under a broiler, on the grill, or on the burner of a gas stove. Turn occasionally until they are black and blistered on all sides. Remove from the heat and place in a paper bag. Leave for 5 minutes.

Peel the peppers, and then cut into quarters. Remove the stems and seeds. Cut the peppers into strips and arrange them in a flat serving dish. Distribute the capers and olives evenly over the peppers.

Mix the oil and garlic into a small bowl, crushing the garlic to release the flavour. Mix in the vinegar and the salt and pepper. Pour over the dressing. Mix well and let stand for at least 30 minutes before serving. Serves 6.

featured in the 'Our Favourite Recipes: Mamawetan Churchill River Health Region Cookbook'

