
Roasted Red Peppers Appetizer

Audrey Reifler - New York

North American Potpourri - Autism Directory Service, Inc - 1993

2 medium red peppers

1 tablespoon olive oil

2 teaspoons vinegar

1/2 teaspoon dry mustard

1/2 teaspoon pepper

1/4 teaspoon sugar

1/4 teaspoon salt

1/4 cup green onions, chopped

1/4 cup zucchini, julienned

fresh basil (for garnish)

Cut the peppers in half lengthwise. Remove the seeds. Place the peppers, skin side up, on a baking sheet. Flatten with the palm of your hand.

Broil, 5 inches from the heat, for 12 minutes or until charred.

Place the peppers in ice water. Chill for 5 minutes. Remove from the water. Peel and discard the skins. Cut into julienne strips.

In a bowl, combine the rest of the ingredients. Add the peppers. Cover.

Marinate in the refrigerator.

Add fresh basil before serving.

Appetizers

Per Serving (excluding unknown items): 207 Calories; 14g Fat (57.6% calories from fat); 3g Protein; 20g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 543mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.