

ONCE UPON A *chef*ROASTED PEPPER SALAD WITH
FETA, PINE NUTS & BASIL

By Jennifer Segal, adapted from Linda Grimes

Servings: 4

Prep Time: 10 Minutes

Cook Time: 15 Minutes

Total Time: 25 Minutes

INGREDIENTS

4 bell peppers (any combination of red, yellow or orange), halved, seeded and cored
2 tablespoons extra virgin olive oil
2 teaspoons red wine vinegar
1 small garlic clove, minced
3 tablespoons chopped fresh basil, divided
1/2 teaspoon dried oregano
1 teaspoon sugar
3/4 teaspoon salt
1/8 teaspoon freshly ground black pepper
3 tablespoons pine nuts
2 ounces (a scant 1/2 cup) crumbled Feta
1/3 cup pitted kalamata olives

INSTRUCTIONS

Set an oven rack in the top position and preheat the broiler. Line a baking sheet with aluminum foil. Place the pepper halves on the prepared baking sheet and broil for 5-10 minutes, rotating the pan once, until well charred. Remove the peppers from the oven and place in a bowl; cover tightly with plastic wrap (so they steam) and let cool until luke warm.

Peel the skin from the peppers (do not rinse under water) and cut into 3/4-inch strips. Place back in the bowl; add the olive oil, red wine vinegar, garlic, 2 tablespoons of the basil, oregano, sugar, salt and pepper. Refrigerate for at least one hour or overnight.

Heat a small skillet over medium heat. Add the pine nuts and cook, stirring frequently, until golden, about 4 minutes. Immediately transfer the nuts to a small bowl to stop the cooking process. (Pay close attention: they go from perfectly golden to burnt quickly.)



Transfer the marinated peppers to a serving dish and top with the feta, olives, toasted pine nuts and remaining tablespoon basil (do not toss). Garnish with whole basil leaves if desired.

NUTRITION INFORMATION

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Per serving (4 servings)

Calories:	194
Fat:	16g
Saturated fat:	4g
Carbohydrates:	11g
Sugar:	7g
Fiber:	3g
Protein:	4g
Sodium:	673mg
Cholesterol:	13mg

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