



SWEET PEPPER SALAD

SUBMITTED BY: JANET MCMILLAN

Ingredients:

1 each sweet red and green peppers, cut in strips

3 or 4 good sized sliced crimini mushrooms

2 or 3 gloves fresh garlic, minced or pressed

1 medium sized sweet onion sliced thinly

olive oil (generous amount--3-4 Tbsp))

salt, 1/4 c. balsamic vinegar, cumin seeds, black pepper ground coarsely

Instructions:

Heat olive oil in a sauté pan, sizzle garlic, cumin seeds in the oil, then stir in vegetables to coat with oil. Fry gently only until crisp-tender. Have a lid handy and pour the vinegar in and put the lid on. Let cool for a few minutes, then salt and pepper to your liking. Good warm or chilled.