



Winter Squash and Sweet Pepper Salad

adapted from Jane Brody's Good Food Gourmet serves 6

- 1 lb. butternut squash, peeled, halved lengthwise and sliced crosswise 1/8" thick
- 1 large green pepper, sliced lengthwise in 1/4" strips
- 1 large red pepper, sliced lengthwise in 1/4" strips
- 3 Tbsp. chopped roasted unsalted peanuts

Dressing:

- 5 Tbsp. orange juice
- 1/4 cup fresh lemon juice
- 2 Tbsp. minced onion
- 1/4 cup minced fresh mint leaves
- 1 teaspoon ground cumin
- 1 Tbsp. sugar
- fresh ground pepper

1. Steam squash slices over boiling water for 4 minutes or till barely tender. Set aside to cool.
2. Put squash and peppers in large bowl.
3. Combine dressing ingredients in blender.
4. Pour over vegetables and toss gently. Try to avoid tearing the squash.
5. Sprinkle dressed salad with peanuts. Serve at room temperature. Transfer to a platter if you like.

Nutrition information:

Calories: 88 Total Fat: 2.5g Saturated Fat: 0.3g
Sodium: 5mg Carbohydrates: 17g
Dietary Fiber: 3.5g Protein: 2.4g