



Recipes

GRILLED PEPPER AND ONION SALAD

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| 2 sweet onions, cut into 8 wedges | 1/2 tsp (2 mL) sugar |
| 1 tbsp (15 mL) olive oil | 1/2 tsp (2 mL) salt |
| 6 roasted bell peppers (2 each of orange, red and yellow) | 1/4 tsp (1 mL) freshly ground pepper |
| 2 tbsp (25 mL) balsamic vinegar | 1/4 cup (50 mL) olive oil |
| 1 tsp (5 mL) Dijon mustard | 1 tbsp (15 mL) slivered fresh basil |

Toss onions with 1 tbsp (15 mL) oil. Cook onions in a grill wok over medium heat on natural gas barbecue, stirring occasionally, for 10 minutes or until golden brown. Cut roasted peppers into wide strips. Combine peppers and onions in a bowl. To prepare dressing, whisk together vinegar, mustard, sugar, salt and pepper until blended. Gradually whisk in 1/4 cup (50 mL) oil. Stir in basil. Toss peppers and onions with dressing until coated. Serve at room temperature. Serves 6 - 8.

Preparation Tip: Walla Walla, Vidalia or Maui onions are sweet varieties of onions.

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