

# Pepper Crunch Salad

Recipe By *Brynne Greisman*



family table

Mishpacha

Cooking and Prep:  1  
h 40 m

Serves:  8

Contains: 

**Preference:** Parve

**Difficulty:** Easy

**Occasion:** Shabbat, Nine

Days

**Diet:** Vegetarian, Gluten Free,

Low Carb

**Source:** Family Table by

Mishpacha Magazine

A colorful complement to virtually any main dish. The dressing is sweet and tangy. To keep the nuts crunchy, serve them on the side. Thanks, HD!

## Ingredients (14)

### Salad

- 2 and 1/2 cups each of 3 different colored peppers, for a total of 7 and 1/2 cups peppers
- 3 tablespoons chopped dill
- 3 tablespoons chopped parsley

## Dressing

- 4 teaspoons mustard
- 6 tablespoons orange juice, preferably fresh
- 3 tablespoons **Bartenura Olive Oil**
- 3 tablespoons water
- 4 teaspoons **Gefen Honey**
- 2 teaspoons lemon juice, preferably fresh
- salt, to taste (be generous!)

## Topping

- 1/2 cup chopped roasted cashews
- 1/2 cup chopped salted roasted almonds
- 1/2 cup whole pine nuts (*optional*)
- 1/2 cup chopped roasted pecans (*optional*)

## Start Cooking

### Prepare the Salad

1. Slice pepper into strips (I cut each pepper into four and then sliced widthwise). Put in large bowl.
2. Add chopped dill and parsley and mix gently. Set aside.
3. Mix all dressing ingredients in a small container. Shake well.
4. Pour over salad and toss to coat. This should be done a few hours before serving to allow veggies to absorb the flavor of the dressing.
5. Top with any or all of the nuts. (You can chop the nuts, aside from the pine nuts, by placing them in a bag and banging them several times with a meat mallet.)
6. If the peppers are fresh, they don't get soggy, and this salad will still be perfect a day or two later.

**Note:**

This dressing keeps for a long time in the fridge. It is delicious served over lettuce, too.

**Credits**

Photography: Daniel Lailah

Styling: Michal Leibowitz