



Sicilian Pepper Salad

Ingredients

3 tablespoons extra-virgin olive oil
3 medium red bell peppers, sliced 3/4 inch thick
5 Italian frying peppers, or banana peppers, sliced 3/4 inch thick
4 cloves garlic, very thinly sliced
1 tablespoon dry white wine or water
1/3 cup white-wine vinegar
1 tablespoon sugar
3/4 teaspoon kosher salt
1/2 cup currants
1/3 cup pine nuts, toasted
2 tablespoons chopped fresh parsley

Directions

Heat oil in a large skillet or pot over medium-high heat. Add peppers; cook, stirring often, for 5 minutes. Add garlic and wine (or water); cook, stirring occasionally, until almost tender, 3 to 5 minutes more. Add vinegar, sugar and salt; cook, stirring, for 1 minute. Remove from heat. Gently stir in currants and pine nuts. Sprinkle with parsley just before serving.

Nutrition

Calories: 142	Carbohydrates: 14 g
Sodium: 112mg	Protein: 2 g
Total Fat: 6 g	

Courtesy- "Eating Well"