

Sweet and Spicy Pepper Salad



The Ingredients

- Juice from one orange, about 1/2 cup
- 1 tablespoon vegetable oil
- 2 cloves garlic, minced
- 1 jalapeno, seeded and minced
- 1/2 ripe mango, seeded and diced
- 1 large red bell pepper, seeded and cut into thin strips
- 1 large green bell pepper, seeded and cut into thin strips
- 1 large yellow bell pepper, seeded and cut into thin strips
- 1/2 apple, unpeeled, quartered, cored and cut into thin strips
- 1/3 cup (packed) fresh cilantro or Italian parsley, minced
- 1/2 teaspoon kosher salt
- 1/4 teaspoon pepper

Directions

- Puree orange juice, vegetable oil and garlic in a blender until smooth. Combine peppers, mango, apple and cilantro or parsley in a large bowl. Stir in dressing, salt and pepper.
- Cover tightly and refrigerate for about 4 hours, until peppers soften slightly and flavors blend together. Serve at room temperature.

REFERENCE: [Oklahoma Gardening](#)