

Piquillo Peppers in Sherry Vinaigrette

A day ahead, prepare the vinaigrette and cook the shrimp; refrigerate separately.

Yield:

10 servings (serving size: 1 stuffed pepper and about 1/3 cup greens)

Ingredients:

4 teaspoons sherry vinegar
1/2 teaspoon Dijon mustard
1 tablespoon extra virgin olive oil
1 1/8 teaspoons salt, divided
1/4 teaspoon sugar
1/8 teaspoon freshly ground black pepper
6 cups water
1/2 pound medium shrimp, peeled and de-veined
2 tablespoons finely chopped fresh parsley
2 teaspoons finely chopped Vidalia or other sweet onion
10 small roasted peppers (I use the mini multi colored sweet from Publix) Spray with Pam and oven roast 400 for about 15-20 min.
2 cups sliced Belgian endive (about 2 small heads)
2 cups trimmed watercress
1/4 cup vertically sliced onion

Preparation:

Combine vinegar and mustard in a small bowl, stirring with a whisk. Add oil, 1/8 teaspoon salt, sugar, and black pepper, stirring with a whisk until blended.

Combine water and remaining 1 teaspoon salt in a large Dutch oven; bring to a boil. Add shrimp; cook 3 minutes or until done. Drain and rinse with cold water; finely chop. Combine shrimp, parsley, and chopped onion in a medium bowl; stir in 4 teaspoons vinegar mixture. Gently fill each pepper with about 1 1/2 tablespoons shrimp mixture.

Place endive, watercress, and sliced onion on a large platter, tossing to combine. Top with stuffed peppers, and drizzle with remaining vinegar mixture.

Nutrition Information:

CALORIES: 43 (37 % from fat)
FAT: 1.8 g (sat: 0.3 g, mono: 1.1 g, poly: 0.2 g)
CARBOHYDRATE: 2.3 g
FIBER: 1.1 g
CALCIUM: 30 mg
CHOLESTEROL: 34 mg
IRON: 0.8 mg
PROTEIN: 4.1 g
SODIUM: 144 mg