

## DAVE'S SALAD #001

---

Another stupid simple salad, but another one that is also crisp and refreshing. Added bonus? You can use leftovers in a bunch of other dishes, cold or hot

### INGREDIENTS

---

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
1	-----	Medium to Medium-Large Red Bell Pepper
1	-----	Medium to Medium-Large Yellow Bell Pepper
1	-----	Medium to Medium-Large Green Bell Pepper
1	Bunch	Green Onions
2	8 oz. Package	Plain ol' Generic Mushrooms

Do the ingredients look familiar? Almost the same as "The Stop Light Quintology". The difference? Green onions. It seems that many of the videos I have been watching have been singing the praises of green onions. I thought why not? The red onions would be overpowering and sweet onions did not seem quite right. The green onions were PERFECT. Just make sure to rinse them thoroughly

### SPECIAL TOOLS

---

- NONE!!!

### PREPARATION

---

- 1) Rinse peppers, onions, and mushrooms [iii] and pat dry
- 2) For each pepper [i]
  - a. Cut around the stem at the top of the pepper and pull it out
  - b. Slice the pepper in half, and remove the seeds and white ribs
  - c. Slice peppers into ~ 1cm strips
- 3) Split the peppers into 3 even portions [ii] with as even color distribution as possible
- 4) Cut off the root end of the green onions. Just the very root end mind you
- 5) Cut the green onions into ~ 1 cm slices, from the white end through the green ends  
Discard and extra limp or floppy parts
- 6) Split into 3 even portions [ii]
- 7) Slice mushrooms into about 1 cm slices
- 8) Split into 3 even portions [ii]
- 9) Toss one portion of the peppers, green onions, and mushrooms in a glass bowl. If you want to add some dressing, now would be a good time [iv]
- 10) Put the other portions into Tupperware containers and stick in the fridge [v]

## NOTES

---

- i. OK, this is probably the LEAST efficient way EVER to slice bell peppers, but I wanted to maximize the length of the pepper strips
- ii. Why split into 3 even portions at each step? Well, if I mix them all together THEN split into three portions, I never seem to get a good even distribution of peppers, onion, and mushrooms in each. One always seems to be mushroom heavy, one pepper heavy, and one onion heavy
- iii. There are those who say you should not rinse mushrooms, but just brush off the dirt. Given what mushrooms are grown in, I prefer to rinse them, but I have never done the rinse vs no rinse experiment
- iv. Dressing? Not necessary, but sometimes a little bleu cheese is nice or maybe some oil and vinegar
- v. If you intend on storing these any longer than a few days, vacuum seal the veggies. They will last much longer and do well when frozen

PICTURES

---

