

Broccoli and Red Pepper salad

Ingredients:

- 2 cups lightly steamed broccoli florets
- 2 red peppers, cored and sliced
- 2 tablespoons olive oil
- 1 clove of garlic finely chopped (optional)
- 1 teaspoon of fennel seeds
- salt and pepper to taste

Directions:

1. Place broccoli into steamer basket. Bring water to boil and steam for 5-7 minutes. Do not over cook as this will cause the color to fade. You can also add baking soda to the water to help preserve color. Let broccoli cool to room temperature.
2. Heat the olive oil in a pan, add fennel seeds and 'toast' them on the pan – about 45 seconds. Add red peppers. (Be careful as the oil will splatter when you add the red peppers)
3. Sautee the red peppers for 3-4 minutes.
4. Toss peppers with broccoli. Add salt and pepper to taste. Enjoy cold or warm.