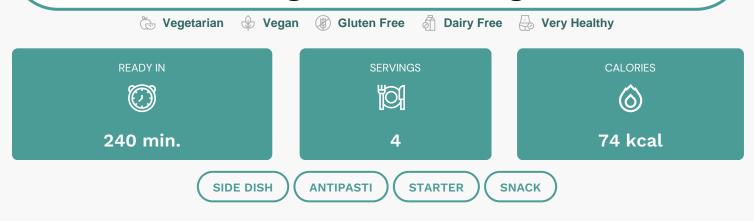


# Roasted Chayote and Red Pepper Salad with Tangerine Dressing



## Ingredients

	I serrano chiles fresh seeded finely chopped
	2 medium chayote squashes peeled halved lengthwise seeded (1 pound total)
	2 spring onion chopped
	2 heads boston lettuce
	5 tablespoons tangerine juice fresh
	0.8 pound bell pepper red quartered
П	1 teaspoon sherry vinegar

	2 teaspoons olive oil	
Equipment		
	bowl	
	oven	
	whisk	
	baking pan	
Directions		
	Preheat oven to 450°F.	
	Whisk together scallions, chile, juice, oil, and vinegar in a large bowl and season with salt and pepper.	
	Cut chayote halves lengthwise into 1/4-inch-thick slices and arrange in 1 layer in two thirds of a lightly oiled shallow baking pan. Put bell pepper quarters, skin sides up, in other third of pan. Roast in middle of oven, uncovered, until chayote is browned in spots and bell pepper skins are blistered, about 30 minutes. Immediately add chayote to dressing and toss to coat.	
	Transfer hot bell peppers to a small bowl. Cover and let stand 10 minutes, then peel.	
	Cut bell peppers into 1/4-inch-thick strips and add to chayote with any pepper juices accumulated in bowl.	
	Add lettuce and toss to coat.	
	· Chayote and bell peppers can be roasted and dressed I hour ahead and kept at room temperature.	
	Add lettuce just before serving.	
	Each serving about 82 calories and 4 grams fat.	
	Gourmet	
Nutrition Facts		
	PROTEIN 13.01% FAT 27.8% CARBS 59.19%	

### **Properties**

### **Flavonoids**

Hesperetin: 3.16mg, Hesperetin: 3.16mg, Hesperetin: 3.16mg, Hesperetin: 3.16mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Luteolin: 0.58mg, Luteolin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

#### **Nutrients** (% of daily need)

Calories: 73.51kcal (3.68%), Fat: 2.58g (3.96%), Saturated Fat: 0.38g (2.35%), Carbohydrates: 12.33g (4.11%), Net Carbohydrates: 8.28g (3.01%), Sugar: 7.46g (8.29%), Cholesterol: Omg (0%), Sodium: 10.23mg (0.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.42%), Vitamin C: 124.2mg (150.55%), Vitamin A: 5482.79IU (109.66%), Vitamin K: 104.05µg (99.09%), Folate: 165.11µg (41.28%), Manganese: 0.39mg (19.28%), Vitamin B6: 0.38mg (19.17%), Fiber: 4.05g (16.21%), Potassium: 510.47mg (14.58%), Vitamin E: 1.92mg (12.83%), Iron: 1.76mg (9.76%), Vitamin B2: 0.15mg (8.92%), Vitamin B1: 0.12mg (8.24%), Magnesium: 31.78mg (7.94%), Vitamin B3: 1.51mg (7.53%), Phosphorus: 66.4mg (6.64%), Copper: 0.12mg (6.02%), Zinc: 0.9mg (5.98%), Vitamin B5: 0.59mg (5.87%), Calcium: 53.61mg (5.36%), Selenium: 0.77µg (1.1%)