

Roasted Pepper Salad

- 4 yellow bell peppers, roasted for 30 minutes, seeded, skin removed and sliced in strips
- 4 tomatoes, chopped
- 1/2 c finely chopped red onion
- 1/4 c chopped parsley
- 3-4 garlic cloves, minced
- 1 T olive oil
- 3 T red wine vinegar
- 1 t kosher salt
- freshly ground black pepper

Combine the tomato, onion and parsley on a platter. In a small bowl, mix the garlic, salt, pepper, oil and vinegar. Toss the tomato mixture with the dressing. Add the warm peppers and toss gently.

Roasted Cauliflower

- 1 cauliflower, cut bite-sized
- 2 T olive oil
- 1/2 t kosher salt
- 1 T paprika

Coat the cauliflower in oil, salt and paprika. roast for 30-40 minutes, stirring occasionally at 450F until soft inside and crispy outside.

Marinated Filet Mignon

- 4 [organic filets mignons](#)
- 1/3 - 1/2 c [Veri Veri Teriyaki](#)
- freshly ground black pepper

Coat the filet with **Veri Veri Teriyaki** for a few hours. Add pepper, then broil briefly or barbecue until browned on the exterior and bright pink inside.

Serve whole or thinly sliced.

Jittery Cook