RED PEPPER TRIANGLES

Cut a piece from a red bell pepper; trim away some of the fleshy underside and remove any ribs. *Carrots* may be prepared in the same way by cutting into a long strip and boiling 1 minute. You can use *lemon and orange peel* too, cutting a slice of the peel using a vegetable peeler.

Cut the pepper into rectangular shapes 1x1/4 inches. Make a cut along the longer side of the rectangle, one-third of the way in, and leave one end attached. Turn the piece of pepper around and make another cut parallel to the first and again not cutting all the way through.

Holding the 2 ends of the pepper, twist to form a triangle. Use in salads, with dips or to garnish cold meats. One triangle of lemon peel is often added to Japanese soups, giving fragrance, flavor and eve appeal to the soup.