



## May 20- Bell Pepper Salad

Smart Snack

Link: <https://www.foodhero.org/recipes/bell-pepper-salad>

### Recipe

*Ingredients:*

- 4 bell peppers
- ½ medium onion
- 2 ½ Tablespoons vinegar
- 1 Tablespoon vegetable oil
- 1/8 teaspoon salt and pepper

*Directions:*

1. Wash bell peppers and remove tops and seeds. Cut into ¼-inch thick strips. Peel onion and slice into thin strips.
2. In a large mixing bowl, stir together vinegar, vegetable oil, salt and pepper. Add bell pepper and onion and gently stir to coat. Cover and refrigerate for 30 minutes before serving.
3. Refrigerate leftovers within 2 hours.

Yield 6 servings

### Nutrition Facts

Serving Size 1 cup (136g)  
Servings Per Container 6

**Amount Per Serving**

**Calories** 60      **Calories from Fat** 20

**% Daily Value\***

**Total Fat** 2.5g      **4%**

**Saturated Fat** 0g      **2%**

**Trans Fat** 0g

**Cholesterol** 0mg      **0%**

**Sodium** 5mg      **0%**

**Total Carbohydrate** 8g      **3%**

**Dietary Fiber** 2g      **9%**

**Sugars** 4g

**Protein** 1g      **2%**

**Vitamin A** 6%      • **Vitamin C** 110%

**Calcium** 2%      • **Iron** 2%

\* Percent Daily Values are based on a 2,000 calorie diet.