

# TRI-PEPPER SALAD

Makes 4 Servings

## Ingredients

1 clove garlic, minced	1/2 teaspoon salt
3 tablespoons vinegar	1/4 teaspoon freshly ground black
3 sweet bell peppers (red, orange, pepper or yellow; preferably 1 of each)	1/2 small red onion, peeled and sliced very thinly crosswise
1/2 bunch flat-leaf parsley	
2 tablespoons extra-virgin olive oil	1/2 cup crumbled feta cheese

## Directions

1. In a large bowl, combine garlic and vinegar; let sit 15 minutes.
2. Meanwhile, halve peppers. Remove seeds and white membranes.
3. Cut peppers into bite-size chunks and set aside. Separate parsley leaves from stems; discard stems (you should have about 1 cup leaves). Finely chop leaves and set aside.
4. Whisk olive oil, salt, and pepper into garlic-vinegar mixture. Add more salt and pepper to taste.
5. Toss peppers, parsley, and onion with dressing. Add feta and toss gently.
6. Serve at room temperature, or cover and chill for up to 2 hours.

**Nutrition Facts:** Serving size 1 cup, Calories 229, Total fat 4g, Sodium 146mg, Total Carbohydrate 42g, Dietary Fiber 3g, Protein 9g

## What to look for

- Select firm peppers free of disease and insect damage.
- Skin should be tight and they should be heavy for their size.

## Nutrition Facts:

Serving size 1 cup, Calories 140, Total Fat 11g, Sodium 512mg, Total Carbohydrate 7g, Dietary Fiber 2g, Protein 4g

## How to store

- Store unwashed peppers in the refrigerator.
- Wash peppers by rinsing in cool water just before eating or adding to a recipe.
- Green peppers will keep in the refrigerator for 3 to 4 days. Red peppers will spoil more quickly. Use them within 1-2 days.



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