

# BELL PEPPER SALAD



## SERVING SIZE

2



## INGREDIENTS

### ITEM

Multicolored Bell Peppers, Thinly Sliced  
Small Red Onion, Very Thinly Sliced  
Extra-virgin Olive Oil  
Dijon Mustard  
Freshly Squeezed Lemon Juice

### QUANTITY

4 (4 Cups)  
½ (½ Cup)  
⅓ Cup  
1 Tbsp.  
¼ Cup.

### ITEM

Garlic Cloves, Minced  
Kosher Salt  
Dried Oregano  
Crushed Red Pepper Flakes  
Freshly Ground Black Pepper

### QUANTITY

2  
½ Tsp.  
1 Tsp.  
¼ Tsp.  
¼ Tsp.



## PREPARATION

- Place sliced bell peppers and red onion in a large mixing bowl.
- In a separate small bowl, whisk together olive oil, dijon mustard, lemon juice, garlic, salt, oregano, red pepper flakes, and black pepper until smooth.
- Pour the dressing over the peppers and onions. Toss well to coat evenly.
- Let sit for 10-15 minutes to allow flavors to meld, or refrigerate until ready to serve. Enjoy!