



# Three Pepper Salad

## Ingredients

- 1 red pepper
- 1 yellow pepper
- 1 orange pepper
- ½ red onion
- ½ cup parsley
- 2 tbsp rice vinegar
- 1 tbsp sesame oil
- ⅓ cup crumbled feta cheese
- sea salt and pepper, to taste

## Directions

1. Core and seed the peppers and slice them. Place the slices in a large bowl.
2. Slice the onion and add that and the parsley to the peppers in the bowl.
3. Add the vinegar, oil, salt and pepper.
4. Cover and refrigerate for at least an hour. Toss with feta cheese.
5. Serve and Enjoy!

**Healthy Tip:** Bell peppers can boost your immune system as they are a good source of vitamins A and C.

Calories 114	Cholesterol 11 mg	Dietary Fiber 2 g
Total Fat 6 g	Sodium 253 mg	Sugars 7 g
Saturated Fat 2 g	Total Carbohydrate 13 g	Protein 3 g