



## Rainbow Bell Pepper Salad



Makes 4 servings

### **Ingredients:**

- 1 Green bell pepper
- 1 Red bell pepper
- 1 Yellow bell pepper
- 1 Orange bell pepper
- 1/2 Red onion
- 1/2 White onion
- 1 Small bunch spinach, remove stems, chopped
- 1/4 Cup olive oil
- 1/4 Cup lemon juice
- Salt and pepper to taste.

Ask the Dietitian County of Los Angeles  
[www.lapublichealth.org/nutrition](http://www.lapublichealth.org/nutrition)

### **Preparation:**

Cut bell peppers, onions and spinach in one inch strips and mix them in a large bowl. In a smaller bowl, whisk together olive oil and lemon juice. Toss dressing with vegetables and season with salt and pepper to taste.  
Serve chilled.

### **Nutritional information per serving:**

Calories 180  
Fat 15 gm  
Protein 4 gm  
Fiber 4 gm.

Rev. 01/2010



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