

Zucchini Bread Recipes

Sweet Pepper Salad – Fresh & Healthy

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**Mediterranean** Cuisine	**Salad** Course

Ingredients

Main Ingredients

- [ ] 3 large sweet bell peppers (red, orange, yellow), thinly sliced
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tbsp honey
- [ ] 2 tbsp freshly squeezed lemon juice
- [ ] 1 tsp apple cider vinegar
- [ ] 1/4 cup fresh basil leaves, torn
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Wash the peppers, pat dry, remove seeds and slice into thin strips; place in a large bowl.



2. In a small jar, combine olive oil, honey, lemon juice, apple cider vinegar, a pinch of salt, and pepper; shake well.

3. Pour the dressing over the pepper strips, toss gently until evenly coated; let sit for 5 minutes.



4. Add torn basil leaves, give one last gentle toss, and serve immediately or chill briefly.



Nutrition per serving

120 kcal	2 g	18 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a zestier bite, increase the lemon juice by one tablespoon.
- For added texture, sprinkle toasted pine nuts or pumpkin seeds just before serving.
- To keep the colors vivid, add the dressing right before plating.