



FRESH TOMATO-AND-PEPPER SALAD

Intermediate Lifestyle

Ingredients

2 cups diced tomato
1 cup diced green bell pepper
1 cup diced yellow pepper
1 cup diced onion
1/4 cup chopped fresh parsley
1/4 cup fresh lemon juice
3 TBS capers
2 TSP olive oil
1/4 TSP Morton's Lite salt
1/4 TSP pepper

Instructions

Combine all ingredients in a bowl; stir well.

Portion-Per-Serving Information (Yields 8 servings):

Serving = 1/2 cup = 1/2 V