

Choco Fever Dream

Sweet Pepper Salad – Easy Snack Recipe

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, yellow, orange), thinly sliced
- [ ] 1 small cucumber, half-moon slices
- [ ] 1/4 red onion, thinly sliced
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tbsp fresh lemon juice
- [ ] 1/2 tsp sea salt
- [ ] 1/4 tsp freshly ground black pepper
- [ ] 2 tbsp chopped fresh basil or parsley
- [ ] Optional: 2 tbsp toasted pine nuts

Instructions

1. Wash the peppers, cucumber, and herbs. Pat dry on a clean towel.
2. Slice the peppers, cucumber, and red onion into thin, uniform pieces.
3. In a small bowl, whisk together olive oil, lemon juice, salt, and black pepper; let sit a moment.
4. Place the sliced peppers, cucumber, and onion in a large bowl; drizzle the dressing over and toss gently.
5. Scatter fresh herbs and optional toasted nuts on top; give one final light toss.
6. Serve immediately, or chill for up to 30 minutes for a cooler bite.

Nutrition per serving

120 kcal	2 g	12 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- Add the nuts just before serving to keep them crunchy.
- If the salad sits too long, the peppers may release water; drain excess liquid.
- Adjust lemon juice to taste for more or less acidity.