

Treasure Barrel

Sweet Pepper Salad

Quick, colorful sweet pepper salad with lemon-olive dressing—ready in under 15 minutes.

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

Ingredients

Main Ingredients

- [ ] 3 bell peppers (red, yellow, orange), thinly sliced
- [ ] 1/4 cup extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp lemon zest
- [ ] 1 tsp honey (optional)
- [ ] 1/2 tsp sea salt
- [ ] 2 tbsp fresh parsley, chopped

Instructions

1. Wash the peppers, pat them dry, remove seeds, and slice into thin strips; set aside.
2. In a small bowl, whisk together olive oil, lemon juice, zest, honey (if using), and sea salt until emulsified.
3. Place the sliced peppers in a large mixing bowl; pour the dressing over them and toss gently to coat.
4. Add the chopped parsley, give one more quick toss, and let the salad rest for five minutes.
5. Taste and adjust seasoning if needed; serve at room temperature, perhaps alongside crusty bread.

Nutrition per serving

150 kcal	2 g	12 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier bite, add a pinch of crushed red pepper flakes.
- For a richer flavor, substitute half the olive oil with toasted walnut oil.
- The salad brightens up potluck tables; feel free to double the recipe for larger gatherings.