

Persian-Style Salad

Gratiot Isabella Tech Center



Ingredients

1 green pepper
1 ½ c cherry tomatoes
½ cup diced red onion
1 avocado
½ tsp salt
½ tsp pepper
1 Tbsp. lemon pepper
2 Tbsp. olive oil
1 Tbsp. fresh basil leaves

Directions

Wash vegetables. Dice Pepper, Half tomatoes, dice avocado.
Put all ingredients in a bowl and toss.

Nutritional Information

Calories per serving

Total Fat

Saturated Fat

Cholesterol

Sodium

Total Carbohydrates

Dietary Fiber

Protein

Servings 4

136

12g

2g

0

297mg

8g

4g

2g