



## Three Pepper Salad

*A crunchy, colorful, low calorie salad*

Matt Bieganski, 11 years old, won the recipe contest and has had this recipe published in the Lancaster Hospital Auxiliary Cookbook for 2004.

Quantity	Ingredients	Preparation Notes
1	Medium Green Bell Pepper	● Dice the green, red and yellow peppers.
1	Medium Red Bell Pepper	● Halve the cherry tomatoes
1	Medium Yellow Bell Pepper	● Chop Scallions
6	Cherry Tomatoes	● Whisk oil, lemon juice, vinegar, vegetable juice, mustard, garlic, salt and pepper together.
2 Tbsp	Lemon Juice	● Add the vegetables and toss
1 Tbsp	Olive Oil	● Refrigerate for at least two hours.
1 tsp	Olive Oil	
1 Tbsp	White Wine Vinegar	
1 Tbsp	V8 Vegetable Juice	
2 tsp	Dijon or Belgium Mustard	
1	Clove Garlic, Minced	
1/4 tsp	Salt	
1/4 tsp	Pepper	
1/2 Cup	Scallions, chopped	