



*Simple,  
Seasonal,  
Sustainable*

## Recipe of the Week

# ***Sweet Pepper, Onion and Tomato Salad***

### **Ingredients:**

- 1/2 cup cider vinegar
- 1 garlic clove, sliced
- 1 teaspoon sugar
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon ketchup
- 1 teaspoon Worcestershire sauce
- 2 teaspoons fresh lime juice
- 1 tablespoon extra virgin olive oil
- 3 tablespoons chopped cilantro
- 1 large bell pepper, any color, cut into thin rings
- 1 large onion, sliced into thin rings
- 2 large tomatoes, peeled, cut into 8 wedges

### **Directions:**

1. Combine all ingredients except pepper, onion, and tomato and mix well to make the dressing.
2. Pour dressing over vegetables and stir. Cover and refrigerate for several hours or overnight, stirring occasionally.

Serves 6

65 calories, 3 g fat, 0 g saturated fat,  
9 g carbohydrate, 2 g fiber, 1 g protein,  
140 mg sodium

Source: American Diabetes Association

