

# Italian Summer Vegetable Salad

Yield: 7 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/summer-salad-recipe-with-italian-dressing>

## Ingredients:

- 2 green peppers with seeds and white pithy parts removed, then sliced and cut into 1/2" to 1" pieces
- 1 red pepper prepared the same as the green peppers
- 1 yellow pepper prepared the same as well
- 2 fresh tomatoes medium, cut into chunks, use more if you prefer
- 2 cucumbers
- 1/2 seeds
- 1 small onion or 10 green onions, diced into small pieces, using the green stem if you like, I don't use the green leaves of green on...
- 5 Italian parsley branches of, remove all of stems and discard/compost, chop up the leaves
- italian salad dressing
- red wine vinegar
- olive oil
- 1 teaspoon sugar
- 2 teaspoons sea salt . freshly grated
- 1 teaspoon freshly grated black pepper

## Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 10 grams
3. Fat: 4 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 750 milligrams
8. Sugar: 5 grams

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