

# Healthy Eating Healthy Living

## Vel Scott

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### **TOMATO, PEPPER SALAD**

**Serves 4:**

#### **Ingredients:**

**2 medium tomatoes chopped  
1 cup diced green bell pepper  
1 cup diced orange bell pepper  
1 cup diced red bell pepper  
1 cup chopped red onion  
1 whole garlic clove chopped  
1 bunch of fresh basil  
1 bunch of fresh thyme  
1 bunch of fresh rosemary  
1 cup extra virgin olive oil  
1 cup balsamic vinegar**

#### **Fresh Mixed Salad Greens**

#### **Directions:**

**Mix chopped fresh herbs, balsamic vinegar and extra virgin olive oil in a screw top jar, shake well to mix and pour over chopped ingredients. Chill for 1-hour (marinating over night allows the flavors to blend.) Serve over your choice of fresh mixed greens.**

**Enjoy!**