



Rainbow Salad (LS)

Serving: 1

Veg

Ingredients

- Serves 1
- **For the salad**
- 1/2 cup Mixed bell peppers (green, yellow, red), chopped in cubes
- 1/4 cup blanched broccoli florets
- 2 tbsp shredded carrots
- 1 small sized onion, chopped
- **For the orange-oregano dressing**
- 1/4 tsp orange zest
- 2 tbsp orange juice, preferably freshly squeezed
- 1/2 tsp apple cider vinegar
- 1/4 tsp olive oil
- 2 tsp fresh oregano leaves
- Salt and pepper powder to taste

Preparation Method

- 1. Mix well all the ingredients for the dressing and keep aside.
- 2. Combine all the ingredients in a salad bowl and add the prepared dressing and toss well.
- 3. Serve the salad cold.