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FRESH TOMATO-AND-PEPPER SALAD	Intermediate Lifestyle
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Ingredients

- 2 cups diced tomato
- 1 cup diced green bell pepper
- 1 cup diced yellow pepper
- 1 cup diced onion
- 1/4 cup chopped fresh parsley
- 1/4 cup fresh lemon juice
- 3 TBS capers
- 2 TSP olive oil
- 1/4 TSP Morton's Lite salt
- 1/4 TSP pepper

Instructions

Combine all ingredients in a bowl; stir well.

Portion-Per-Serving Information (Yields 8 servings):

Serving = 1/2 cup = 1/2 V