

# Green Salad

This salad is good for a side dish or a meal on its own. I make it often for my family and they always enjoy it.

Recipe by Daniel Hall | Created on **May 2, 2023**

## Ingredients

- ½ cup chopped onion
- ½ cup chopped green bell pepper
- 2 (10 ounce) packages mixed salad greens
- 4 thinly sliced chicken deli meat, chopped
- 1 tomato, chopped
- ¼ teaspoon onion powder
- 3 dashes garlic powder
- 1 pinch ground black pepper
- 2 pinches salt
- 3 tablespoons balsamic vinaigrette salad dressing

## Directions

- Microwave or saute onion and bell pepper until soft; set aside to cool.
- In a large salad bowl, combine the onion, pepper, salad greens, deli meat and tomato. Sprinkle with the onion powder, garlic powder, black pepper and salt. Toss to mix.
- Pour on enough salad dressing or vinegar to coat, toss again and serve.

## Nutrition Facts

Serving: **8 servings** | Calories: **47 kcal** | Carbohydrates: **5.3 g** | Protein: **2.7 g** | Saturated fat: **0.3 g** | Cholesterol: **3.1 mg** | Sodium: **162.7 mg** | Fiber: **2.1 g** | Sugar: **2 g**

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