



# Banded Buff Salad

Serves 1

## Ingredients

- 0.25 cup bell pepper
- 0.125 teaspoon black pepper
- 0.25 cup carrot
- 0.5 cup cherry tomato
- 0.5 cup cucumber ((auto-linked, score 1.00, 0.5cup!0.5000cup))
- 2 cup mixed green
- 1 tablespoon olive oil ((matched "Extra Virgin Olive Oil" but unit table estimate))
- 0.125 cup red onion
- 0.5 tablespoon red wine vinegar ((matched "Red Wine Vinegar" but unit — using AI estimate))
- 0.25 teaspoon salt

## Instructions

1. Wash and dry mixed greens.
2. Chop bell pepper, carrot, cucumber, cherry tomatoes, and red onion.
3. Combine all chopped vegetables with mixed greens in a large bowl.
4. Drizzle with olive oil and red wine vinegar.
5. Season with salt and black pepper.
6. Toss gently to combine and serve immediately.