



Tomato & Herbs Salad



Ingredients: Make 8 servings

- 2 1/2 Pounds (about 6 medium) tomatoes, seeded and diced
- 1/3 Cup minced fresh herbs such as basil, parsley, tarragon, and/or mint.
- 1/2 Cup diced red onions and (2 Shallots, diced optional)
- 1 Tbs. fresh lemon juice
- 1 Tbs. balsamic vinegar
- 1 Tsp. dijon-style mustard
- 1 Garlic clove, minced
- 1/2 Tsp. sugar
- 3 Tbs. olive oil.

Source: Epicurious.com

Preparation: In a small bowl whisk

together lemon juice, vinegar, mustard, garlic, sugar, olive oil, and salt and pepper to taste. Toss the tomatoes, red onion, and shallots with the dressing. Chill for 20 minutes, sprinkle with minced herbs and serve.

Nutritional Information for 1 serving:

Calories 80, Fat 5 gm,
Saturated fat 0.5 gm,
Cholesterol 0 mg, Fiber 1 gm.

Ask the Dietitian County of Los Angeles

www.lapublichealth.org/nutrition

Rev. 01/2010



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