Molly, OK as is. S.French 7/3/12

Tomato Basil Salad

A Recipe by Chef Walter Staib

Serves 6

6 medium Jersey tomatoes (about 3 pounds), cut into wedges
1 small red onion, thinly sliced
3 tablespoons balsamic vinegar
1 tablespoon extra virgin olive oil
3 garlic cloves, minced
freshly ground black pepper
1 cup fresh basil, chopped

In a large bowl, whisk vinegar, oil, garlic, and season with pepper.
Add tomatoes and onions to bowl. Sprinkle with basil and toss gently to coat. Let stand 30 minutes to blend flavors. Toss before serving.

Nutritional Breakdown Tomato Basil Salad

Recipes	Total # serv	Cals	Total Fat g	Sat Fat g	Chol mg	Sodium mg	Fiber g	Carbs g	Pro g
Original – OK for Heart Health!!									
Orig & HH Tomato Basil Salad	**6**	59	2.5	0.4	0	7	2	8	2