

Italian Tomato Salad

Ingredients

- 1 cup cherry tomatoes
- 1 tbsp red onions
- 1/4 cup cucumber
- 2-1/2 tsp basil, chopped
- 1/8 tsp kosher salt
- 1/8 tsp pepper
- 1-1/2 tsp balsamic vinaigrette dressing, low fat

Directions

1. Wash all produce thoroughly. Cut the tomatoes in half and place in large bowl. Dice onions and combine with tomatoes. Cut cucumbers in small cubes and combine with tomato mixture.
2. Add basil (optional), salt, pepper, and dressing and mix until vegetables are well coated. Refrigerate below 41° F for at least 30 minutes before serving.

Notes

Number of Portions: 4

Serving Size: 1/4 cup

Nutrition Facts: 12 calories, 0.36 g fat, 0.05 g saturated fat, 103 mg sodium, 2.12 g carbohydrate, 0.56 g fiber, 1.2 g sugar, 0.42 g protein

