

Tomato and Mint Salad



Serves 3

Ingredients:

- 1 cup fresh basil leaves
- 6 small tomatoes, minced
- 3 tsp red vinegar
- 1/3 cup fresh lemon juice
- 2 tbsp extra virgin olive oil
- 1/4 tsp salt

Procedure:

- Wash the basil, pick the leaves from stems, discard the stems, and chop the leaves finely.
- Place the minced tomatoes on a plate, and cover with the chopped basil.
- To make a dressing, mix the vinegar, lemon juice, olive oil, and salt in a small jar.
- Pour over the tomatoes and basil.
- Chill for one hour and serve.

Per serving:

- Calories: 135
- Protein: 2 gm
- Carbohydrates: 12 gm
- Fat: 9 gm

This salad goes wonderfully with chicken or fish entrees.