



## **Tomato and Onion Salad**

6 Servings

*A flavorful and colorful side salad that goes nicely with chicken or fish.*

### Dressing:

- 2 Tablespoons balsamic vinegar
- 3 Tablespoons water
- 1 teaspoon olive oil
- 1 teaspoon Dijon mustard or any spicy mustard
- 1/4 teaspoon coarsely ground pepper

### Salad:

- 3 medium tomatoes (about 1 1/2 pounds)
- 1 medium purple onion, thinly sliced and separated into rings
- 1 Tablespoon chopped fresh oregano (2 teaspoon dried)

- Combine dressing ingredients in a jar; cover tightly, and shake vigorously. Set aside.
- Core tomatoes; cut into 1/2 -inch-thick slices. Layer tomato and onion slices in a shallow dish, and sprinkle with oregano. Pour dressing over tomato and onion slices. Cover and refrigerate at least 1 hour before serving.

### Nutritional Information:

Calories: 36  
Total fat: 1g  
Saturated fat: 0g  
Carbohydrates: 6.5g  
Fiber: 1.7g  
Protein: 1g