



Tomato and Onion Salad

Makes 6 Servings

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

Salad:

- 3 medium tomatoes (about 1 ½ pounds)
- 1 medium purple onion, thinly sliced and separated into rings
- 1 tablespoon chopped fresh oregano (2 tsp dried)

Dressing:

- 2 tablespoons balsamic vinegar
- 3 tablespoons water
- 1 teaspoon olive oil
- 1 teaspoon Dijon mustard (or spicy mustard)
- ¼ tsp coarsely ground pepper

- Combine dressing ingredients in a jar; cover tightly, and shake vigorously. Set aside.
- Core tomatoes; cut into ½- 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.

Nutrition Information

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