

Tomato Salad with Basil Vinaigrette

Serving Size: ½ cup salad

Serves: 8

Ingredients:

2 tablespoons olive oil
Juice of 1 lemon
1 tablespoon chopped fresh basil
¼ teaspoon salt
Dash of ground black pepper
5 medium tomatoes, cut into wedges
1 small onion, sliced

Directions:

1. In a medium bowl, whisk together the first five ingredients.
2. Add the tomatoes and onions to the bowl and toss gently to coat.

Exchanges per serving:

1 Vegetable, ½ Fat

Nutrients per serving:

Calories: 49
Calories from fat: 33
Total Fat: 4g
Cholesterol: 0mg
Sodium: 80mg
Total Carbohydrate: 4g
Dietary Fiber: 1g
Protein: 1g