

Tomato Mushroom Salad with Basil Vinaigrette

Serving Size: 1 cup salad

Serves: 4

Ingredients:

2 tablespoons olive oil

Juice of 1 lemon

1 tablespoon chopped fresh basil

Dash of salt

Dash of coarse ground black pepper

5 medium tomatoes, cut into wedges

4 button mushrooms, quartered

1 small onion, sliced

Directions:

In a medium bowl, whisk together the first five ingredients.

Add the tomatoes, mushrooms and onions and toss gently to coat.

Exchanges per serving:

3 Vegetables, 1 Fat

Nutrients per serving:

Calories: 121

Calories from fat: 63

Total Fat: 7g

Cholesterol: 0mg

Sodium: 40mg

Total Carbohydrate: 14g

Dietary Fiber: 3g

Protein: 3g