

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 coarse ground black pepper

5 medium tomatoes cut into wedges

1 small onion, sliced

Directions:

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

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