

Clifford
PRODUCE



simple tomato *Salad*



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Serves 6

Ingredients

- 2 large Paysanne tomatoes, cored and cut into wedges
- 1 red onion
- 1 garlic clove
- ¼ cup (63 ml) extra virgin olive oil
- 2 tbsp. (30 ml) balsamic vinegar
- 1 sprig of fresh basil
- Coarse sea salt and fresh ground pepper to taste

Method

1. Place the Paysanne tomatoes in a colander and sprinkle them with sea salt and black pepper.
2. Let it sit for 30 minutes, then brush off and remove seeds, salt and pepper.
3. Place the onions in a separate colander, sprinkle with salt and let it sit for 30 minutes. Brush off salt and squeeze out any excess water.
4. Prick the garlic with a fork and rub the clove inside the bowl.
5. Whisk in olive oil and vinegar. Season with salt and pepper.
6. Add the Paysanne tomatoes, onions and basil leaves, then toss with the vinaigrette.
7. Serve the salad on small well chilled plates and sprinkle some black pepper on top before serving.

Quick Tip

Did you know that the tomato is actually a fruit? Botanically, tomatoes are a fruit, because a fruit is defined as the edible part of the plant that contains seeds, while a vegetable is the edible stems, leaves and roots of the plant.

Nutritional Facts per serving (108 g): Calories 110

Fat 9 g (14 %), Saturated Fat 1.5 g + Trans Fat 0 g (8 %), Cholesterol 0 mg, Sodium 105 mg (4 %), Carbohydrate 7 g (2 %), Fiber 1 g (4%), Sugars 4 g, Protein 1 g, Vit A (6 %), Vit C (15 %), Calcium (2 %), Iron (2 %).

% = % Daily Value



Recipe and photo courtesy
of OGVG

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