

Tasty Tomato Salad

Serving Size: 1 cup

Serves: 6

Ingredients

3 tablespoons extra virgin olive oil
4 tablespoons fresh lemon juice
1 clove garlic, minced
2 sprigs fresh basil, julienne cut
¼ teaspoon salt
ground black pepper to taste
9 roma tomatoes, quartered
1 bell pepper, seeded and sliced
1 medium yellow onion, thinly sliced
2 small avocados, sliced

Directions

Combine the oil, lemon juice, garlic, basil, salt and pepper in a medium bowl.
Add the vegetables and gently stir to distribute the dressing.
Serve in chilled salad bowls.

Exchanges per serving:

2 Vegetable, 3 Fat

Nutrients per serving:

Calories: 197
Calories from fat: 144
Total Fat: 17g
Saturated Fat: 2g
Cholesterol: 0mg
Sodium: 29mg
Carbohydrate: 13g
Dietary Fiber: 6g
Protein: 3g