

# Tomato Salad With fresh Herbs



Michigan Restaurant & Lodging Association  
EDUCATIONAL FOUNDATION

# MRLAEF

## Ingredients#

2 c. ripe tomatoes, washed and cut into bite size pieces, any type or combination of tomato works  
½ c diced onions  
3 Tbsp fresh basil  
3 Tbsp fresh parsley  
1 Tbsp fresh mint

### Dressing

½ c. olive oil  
3 Tbsp red wine vinegar  
2 tsp Dijon mustard  
1 tsp black pepper

## Directions#

**Dressing-** in a large bowl mix vinegar, mustard, and pepper. Slowly whisk in olive oil.

**Chop or tear up the herbs, put all the ingredients in the bowl and mix well.**

**If using dried herbs blend well with the dressing before adding the other ingredients.**

**Any herb selection will work with this recipe.**

**Add a grain to make a delicious bowl or use to top fresh greens.**

## Nutritional Information

Calories per serving	164
Total Fat	17g
Saturated Fat	2.4g
Cholesterol	0mg
Sodium	24mg
Total Carbohydrates	3.6g
Dietary Fiber	1.2g
Protein	0.9g

## Servings 4-6