

TOMATO AND ONION SALAD

INGREDIENTS

- 3 very ripe tomatoes, thickly sliced
- 1 small red onion, thinly sliced
- 1 tablespoon torn basil or flat leaf parsley leaves
- ½ cup small black olives, preferably Ligurian

Dressing

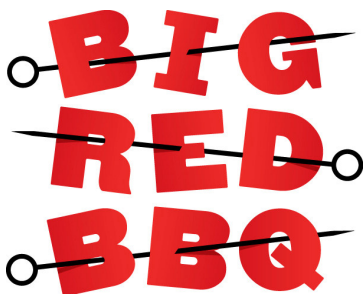
- 1/4 cup extra virgin olive oil
- 2 tablespoons balsamic vinegar
- Freshly ground black pepper, to taste

METHOD

1. Mix the dressing ingredients together and reserve.
2. Place the tomatoes, onion, basil or parsley and olives in a large salad bowl, spoon the dressing over the top and serve immediately

Serves 4 as a side dish

	Per Serving	Per 100g
Energy	708kJ	404kJ
Protein	2g	<1g
Fat – Total	15g	8g
- Saturated	2g	1g
Carbohydrate - Total	7g	4g
- Sugars	7g	4g
Sodium	136mg	77mg



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