



Recipes

Salads

Mediterranean Tomato Salad

Prep Time: 10 minutes

Yield: 2 servings

Ingredients:

2 large ripe tomatoes, chopped into large pieces
1 medium red onion, sliced thin
2 cloves garlic, minced
1 tablespoon lemon juice
3 tablespoons extra virgin olive oil
10 fresh basil leaves, torn into small pieces
6 olives, chopped
2 teaspoons capers
Sea salt and pepper to taste

Directions:

1. Slice onions and mince garlic.
2. Combine and toss all ingredients. Add sea salt and pepper to taste.