

Mediterranean Tomato Salad

This salad takes minutes to assemble; just wash, cut and season. However, ideally let it rest for at least an hour before serving so all the juices marry together. A delicious treat any time of the year.

SERVES 4

INGREDIENTS

2 lbs best quality sweet tomatoes, variety
2 tbsp olive oil
1 tbsp good quality balsamic vinegar
8 basil leaves, large
8 sage leaves
¼ cup Romano cheese, freshly ground or Parmesan cheese
sea salt and freshly ground black pepper

Cut tomatoes in quarters and put in a serving bowl.

Drizzle olive oil on top of the tomatoes, drizzle balsamic vinegar in a similar way, season with salt and pepper and gently toss.

Tear with your fingers basil and sage leaves into smaller pieces, but not too small you want to see the herbs.

Leave it in the fridge for up to an hour so the flavours marry together. However if you don't have time for this step then sprinkle cheese on top and serve. Enjoy.

TIP DU JOUR:

Use the best quality and the sweetest tomatoes available; they can be Grape, Cherry, Campari, or others that you like. This is a tomato salad, less then the best quality produce as well as balsamic vinegar will deteriorate the overall delectable qualities of this dish. Also use fresh herbs.

If you like other fresh herbs, use them instead of basil and sage.

Try substituting Romano cheese with Feta cheese for a Greek inspired tomato salad.

Data per serving.

Calories	167	Sodium	337 mg
Protein	6.6 g	Cholesterol	14.7 mg
Total Fat	11.2 g	Fiber	0.1 g
Carbohydrates	11.9 g		

Nutritional data compiled from the United States Department of Agriculture National Nutrient Database. Reliance on the information shall be at your sole risk.

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