

# TOMATOES SALAD

**Time: 30 minutes**

**Serves: 4**

### Ingredients:

- 6 assorted tomatoes – chopped or diced
- 1 Anaheim pepper – finely chopped
- 1 teaspoon kosher salt
- 2 tablespoons extra virgin olive oil
- 2 teaspoons balsamic vinegar
- ¼ teaspoon fresh ground black pepper
- 1 ½ teaspoons fresh oregano – finely chopped
- 1 large clove garlic – finely chopped or crushed

### Preparation:

Place the tomatoes and Anaheim pepper in a colander and sprinkle with the salt, tossing to coat evenly. Set aside to drain for fifteen minutes while you prepare the dressing.

Whisk together the remaining ingredients and allow to rest for the flavours to blend.

Move the tomatoes to a bowl, mix with the dressing and serve.

### Nutritional Information Per Serving:

- Calories: 95
- Fat: 7g
- Carbs: 7g
- Fibre: 2g
- Protein: 2g