



Tomatoes – Sliced and Seasoned

My favorite way to enjoy tomatoes is sliced, sprinkled with salt, drizzled with olive oil, and topped with fresh basil, scrambled eggs or wild salmon. This dish makes a great breakfast, lunch or dinner.

That said, they find their way into my:

Salads

Bean dishes and

Homemade sushi - if you can call it that.

Instead of a sandwich, put roasted, no-salt turkey, Dijon mustard, chopped tomatoes, strips of roasted or steamed asparagus and baby cucumbers in a Nori sheet, roll and enjoy. If you don't like seaweed, use a napa cabbage or romaine leaf instead. This dish makes a great protein snack or light lunch.