



Mediterranean Tomato Salad

Prep and Cook Time: 5 minutes

Ingredients:

2 large ripe tomatoes, chopped into large pieces
3 pickling cucumbers, washed, ends removed and chopped – skins on
1 medium red onion, sliced thin
2 cloves garlic, minced
1 TBS lemon juice or vinegar
3 TBS extra virgin olive oil
10 fresh basil leaves, torn into small pieces – mint works well too
Sea salt and pepper to taste
Optional:
1/2 cup mozzarella cheese
6 olives, chopped
2 tsp capers
anchovies (use however much suits your palate)

Directions:

Slice onions and mince garlic.

Combine and toss all ingredients. Add salt and pepper to taste. Let sit for 2 hours before enjoying.

Serving Suggestions:

On top of a bed of lettuce with a little fresh mozzarella
On top of baked white fish such as cod, halibut or haddock
Mixed with leftover brown rice, wheat berries or quinoa (cold grain salad)
On top of a spinach omelet

Serves 2

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