

Quick Tomato and Red Onion Salad



INGREDIENTS

2½ lb. tomatoes, sliced or cut into wedges (approx. 3 cups)
 1 small red onion, thinly sliced
 ¼ cup fresh basil leaves
 2 Tbsp. olive oil
 1 Tbsp. balsamic vinegar
 Salt and pepper to taste

DIRECTIONS

1. Place tomatoes and onion in medium bowl and toss with the basil, oil and vinegar.
2. Season with salt and pepper and serve.



NUTRITION FACTS *6 servings*

Calories: 120 Total Carbohydrate: 7 g
 Fat: 7.5 g Dietary fiber: 3 g
 Sodium: 13 mg (*before salt*)

Arugula and Beet Salad



INGREDIENTS

SALAD

5 oz. arugula
 1 can of whole beets
 3 Tbsp. minced white onion
 ¼ cup shelled pistachios
 (optional – 3 Tbsp. dried cranberries, ¼ cup goat cheese or feta - *Omit if V)

DIRECTIONS

1. Wash and spin dry the Arugula. Arrange on platter.
2. Drain beets and slice on top of salad.
3. Mince onion and add this along with ¼ cup roughly chopped pistachios to top of salad.
4. Make dressing – shake in jar or whisk ingredients together. Drizzle on top of salad.

DRESSING

3 Tbsp. olive oil
 1½ Tbsp. balsamic vinegar
 2 tsp. honey

NUTRITION FACTS

4 servings
 Calories: 175
 Fat: 10.5 g
 Sodium: 142 mg
 Total Carbohydrate: 21 g
 Dietary fiber: 2 g
 Protein: 1 g