



Summer Minted Tomato Salad

Ohtli Spa at CasaMagna Marriott Puerto Vallarta Resort & SPA

Servings: 6 to 8

Ingredients:

6 tomatoes cut in wedges
6 green onions, thinly sliced
½ chopped red onion
1 tbsp. chopped fresh mint
¼ cup olive oil
3 tbsp. lemon juice
1 clove garlic, minced
1 shallot, minced
t/s Black pepper

Method of Preparation:

In a medium bowl, combine tomato, green and red onions and mint. Whisk olive oil, lemon juice, garlic, shallot and black pepper to taste. Pour dressing over tomatoes and toss gently to coat. Let stand, cover at room temperature for 1 hour to blend flavors. Chill before serving.

Note: You can substitute fresh basil for mint

Per serving:

Calories 86 Fat 7 g Cholesterol 0 g Fiber 1g Sodium 4g