



TOMATO SALAD

Ripe tomatoes thinly sliced and quartered
Pickling cukes thinly sliced and halved
Sweet onion or red onion, thinly sliced and quartered
Capers (rinsed and drained)
Basil (chopped)
Flavored goat cheese (herbed, chive, or sun-dried tomato with basil)

Combine all ingredients in non-reactive lipped dish. Toss with balsamic vinaigrette and let marinade for 1 hour before serving

Balsamic Vinaigrette

This is one of my favorite vinaigrettes; I find uses for it many times during the week. It's a classic and sure to become one of your favorites, too. Use the highest-quality olive oil and low-acid balsamic vinegar (6 percent or lower) for the best flavor. I usually buy olive oil and vinegar at Trader Joe's.

Makes about 1 cup

- $\frac{3}{4}$ cup extra-virgin olive oil
- $\frac{1}{4}$ cup balsamic vinegar
- $\frac{1}{4}$ cup chopped flat-leaf parsley
- 1 teaspoon Herbamare or sea salt and pepper
- 1 garlic clove, crushed

1. In a small glass or ceramic bowl, whisk together the olive oil and vinegar. Add the parsley, Herbamare, and garlic. Whisk again, taste, and adjust the seasoning.
2. Store in a lidded container in the refrigerator for up to two weeks. Whisk before using.

Per 2 tablespoons: 1 gram carbohydrates, 0 grams protein, 17.5 grams fat