



## BRUSCHETTA SALAD

Makes 5 cups

### INGREDIENTS

- 3 cups roma tomatoes, chopped
- ½ red onion, chopped
- ¼ cup fresh basil, chopped
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons balsamic or red wine vinegar
- 1 tablespoon olive oil
- 2 cups croutons

### DIRECTIONS

1. Combine tomatoes, onion, basil, salt, black pepper, vinegar and oil in a bowl
2. Stir croutons in the salad and serve.

### TIP

If you do not plan to serve the salad right away, wait until just before serving to add croutons.

# TOMATOES

## WHAT TO LOOK FOR

- Tomato skin that is not shriveled, bruised, or punctured. It should not wrinkle when you slide your thumb with slight pressure (do not squeeze).
- Skin that is well colored for the type of tomato.
- Firm or slightly firm texture that yields slightly (depending on your preference) when applying slight pressure (do not squeeze).
- Tomatoes that feel heavy for size.
- A pleasant tomato smell.

## BRUSCHETTA SALAD NUTRITION FACTS:

Serving size 1 cup, Calories 128, Total Fat 6g, Sodium 414mg, Total Carbohydrate 17g, Dietary Fiber 2g, Protein 3g

## HOW TO STORE

- For best flavor, do not refrigerate. If refrigerated, eat within 3 days to avoid flavor loss.
- Store ripe tomatoes away from direct sunlight with stem end facing up to reduce softening and darkening. Use within 2 to 3 days for best quality.
- Store underripe tomatoes in a paper bag at the coolest room temperature possible.
- To freeze tomatoes to use in cooked dishes, prepare whole, sliced, chopped or puréed.

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