



Italian Tomato Salad

6 Servings • 1 Serving = ½ Cup

INGREDIENTS

- 1 pint cherry tomatoes
- 1 – 14.5 ounce can whole tomatoes, drained and rinsed
- 1 cup shredded or matchstick carrots
- 2 teaspoons rice vinegar
- ¼ teaspoon salt
- 1/8 teaspoon pepper
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder
- ½ teaspoon dried parsley
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- 1 Tablespoon canola oil

DIRECTIONS

1. Cut the cherry tomatoes in half and add to a large mixing bowl.
2. Dice whole tomatoes, remove core, and add to bowl.
3. Add carrots.
4. In a small bowl, combine rice vinegar, salt, pepper, spices, herbs, and oil.
5. Drizzle dressing over tomatoes and carrots. Mix well.

Nutrition Facts

6 servings per container
Serving size 1/2 cup

Amount per serving
Calories 50

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 35mg	2%
Iron 1mg	6%
Potassium 278mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe developed by San Antonio Independent School District - Child Nutrition Services

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