

WEEKEND PASSPORT: ITALIAN

TOMATO SALAD



Discover the unique flavors and cooking styles from around the world with our Weekend Passport recipes! These recipes are a great way to introduce your child to new ingredients and expand their taste palette.

Exploring Italian Cuisine:

- Italy is comprised of 20 regions, each of which has its own history, customs, dialects, and cuisines. Since many of regions were not united as a nation until the mid-19th century, many have retained their distinct identity.
- As you travel the different regions, you will notice that the traditional foods are varied due to each region's climate, natural landscape, and neighboring countries. For example, in Northern Italy, the cuisine is influenced by recipes from France, Austria, or Switzerland. In the sunny Southern regions, olive oil and tomato-based recipes are very popular.
- Although each region is so unique, there are some classic ingredients that are commonly used across the board such as tomatoes, olive oil, herbs, cheese, bread, meat, and pasta. This Italian Tomato Salad combines some of these delicious staples.



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TOMATO SALAD



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
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/2 teaspoon dried parsley
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1 Tablespoon canola oil

Directions:

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

