Peach and Tomato Salad

Number of servings: 4
Preparation time: 20 minutes
Total time: 20 minutes

Ingredients:
- ¼ cup thinly sliced red onion
- ½ pound ripe peaches, sliced
- 2 large ripe tomatoes, cut into chunks
- 1 tablespoon vinegar
- 1.5 teaspoons olive oil
- 1 teaspoon honey
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- ¼ cup low-fat shredded mozzarella cheese
- 2 tablespoons torn basil

Directions
- Wash peaches and tomatoes. Thinly slice the onion. Peel and slice the peaches. Cut the tomatoes into chunks.
- Combine first 4 ingredients in a bowl.
- Combine vinegar, oil, honey, salt and pepper in a bowl. Whisk with a fork and drizzle over the onion, tomatoes and peaches. Toss to combine.
- Sprinkle with cheese and basil and serve.

Equipment Needed:
- Cutting board
- Knife
- Wooden spoon
- Fork
- Measuring spoons and cup
- Bowl

Nutrition Facts
Serving Size: 1 cup
Recipe makes 4 servings
Calories: 68
Calories from Fat: 30

Amount Per Serving %DV
- Total Fat 2g 4%
- Saturated Fat 1g 3%
- Monounsaturated Fat 1g
- Trans Fat 0g
- Cholesterol 1mg 0%
- Sodium 116mg 5%
- Potassium 247 mg 7%
- Total Carbohydrate 10g 3%
- Dietary Fiber 2g 7%
- Protein 5%
- Vitamin A 13%
- Vitamin C 25%

Do you want to learn to cook healthy meals your family will love? Call 1-888-814-7627 to learn about free, fun groups!