

Delicious Healthy Tomato Summer Salad

Description

This salad is refreshing and tasty.

Prep/total time: Ten minutes

Servings: 4

Ingredients

- 2 - 3 large tomatoes (1.5 lb.)
- 1 yellow onion, sliced (3.9 oz)
- 1 bunch of parsley, chopped (0.5 oz)
- 1 clove of garlic, minced
- 2 tablespoons of apple cider vinegar or white wine vinegar
- 2 tablespoons of extra virgin olive oil
- 1 tablespoon of powdered Erythritol or Swerve (0.4 oz)
- 1/2 teaspoon of rough sea salt to taste
- 1/4 teaspoon of black pepper to taste

Instructions

1. Dice the parsley, then peel the garlic and onions. Then slice the tomatoes into wedges and transfer into a bowl. Chop the onions and pour into the bowl. Then add in the garlic.
2. Combine the olive oil, vinegar, pepper and salt, sweetener to make the vinaigrette.
3. Pour the vinaigrette on the salad and toss to mix. Set aside for the flavors to mix, then serve.