

## Chilled Tomato Salad

### Ingredients

- 1½ cups tomatoes, chopped
- ¼ cup apple cider vinegar
- 1 tablespoon green onion, sliced
- 1 clove of garlic, crushed and minced
- Dash of mustard powder
- ¼ teaspoon basil
- ⅛ teaspoon thyme
- ⅛ teaspoon marjoram
- Sea salt and pepper to taste

### Directions

1. Combine apple cider vinegar with spices.
2. Pour over tomato chunks or slices.
3. Marinate and chill for 1 hour before serving.

Makes 2 servings (1 vegetable)
3 grams protein
0 fat
60 calories

### PHASE 3 MODIFICATIONS:

Add olive oil or mayonnaise, mix in small slices of Swiss or crumbled feta cheese and sliced green olives.

