

## Chilled Pesto Tomato Salad

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

### Ingredients

- 2 medium tomatoes or 3 Roma tomatoes, sliced
- 3 leaves of fresh basil, rolled and sliced
- 1 slice **Savory Red Onion** or **Caramelized Onion Garnish** (optional)
- 1-2 cloves of garlic, minced
- 2 tablespoons lemon juice
- 2 tablespoons caper juice
- 1 tablespoon of apple cider vinegar

### PHASE 3 MODIFICATIONS:

Layer sliced tomatoes with fresh mozzarella cheese to make a Caprese salad. Brush with olive oil.

### Directions

1. Toss fresh tomatoes with spices and vinegar and coat completely.
2. Marinate for at least 1 hour.
3. Top with onion garnish and serve.

