

Herbal Legacy Recipes

Fresh Italian Tomato Salad

contributed by Martina, Lewisburg, TN

Yield: 4 small servings

INGREDIENTS:

- 1-2 medium fresh tomatoes, cut into small chunks
- 1/2 small onion, chopped
- 1 small clove garlic, minced
- 1/2 tsp. Italian seasoning
- sea salt and pepper (coarsely ground is my choice) to taste
- extra virgin cold pressed olive oil



DIRECTIONS:

Put tomatoes, onion and garlic in bowl; mix together; then add a generous amount of olive oil and seasonings; mix well.

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