

SALADS

Sliced Tomato with Balsamic Vinaigrette

Makes 4 servings

SATIETY SCORE 2 / 5	NUTRITION HIGH
Per serving (approx.): Protein 1 g · Fiber 2 g · Calories 70	

Ingredients

- 2 Tbsp balsamic vinegar
- 4 Tbsp fresh basil, chopped
- 2 Tbsp olive oil
- 1 Tbsp Dijon mustard
- 2 cloves garlic, crushed
- 2 large tomatoes, sliced
- 4 red leaf lettuce leaves
- 2 (¼-inch-thick) slices sweet onion, separated into rings

Directions

1. Combine the vinegar, basil, olive oil, mustard, and garlic in a jar; cover and shake vigorously. Set aside.
2. Arrange the tomato slices on a lettuce-lined plate and layer the onion over the tomatoes.
3. Drizzle the vinaigrette evenly over the salad.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Adapted from the *Body for God Cookbook* by Lisa Young.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

Sliced Tomato with Balsamic Vinaigrette

Makes 4 servings

Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 small bunch fresh basil
- ☐ 2 cloves garlic, crushed
- ☐ 2 large tomatoes
- ☐ 4 red leaf lettuce leaves
- ☐ 2 (¼-inch-thick) slices sweet onion, separated into rings

PANTRY & DRY GOODS

- ☐ 1 Tbsp Dijon mustard

CHECK YOUR PANTRY

- ☐ Balsamic vinegar
- ☐ Olive oil