

# Tomato Salsa Salad

**Diabetes Friendly**

**Makes:** 4 Servings

## Ingredients:

- ½ cup chopped red onion (about 1/2 small red onion)
- 1-pint colorful cherry tomatoes, cut in half
- 2 each heirloom-colored tomatoes, cut in thin slices (yellow, purple, green)
- 1/4 cup thinly sliced fresh cilantro
- 2 tablespoons extra-virgin olive oil
- 1/2 tablespoons lime juice
- ½ teaspoon flaky sea salt or kosher salt, to taste
- Freshly ground black pepper, to taste
- Handful of baby arugula

## Directions:

1. Thin slice the red onion for garnishing.
2. To assemble the salad, spread the tomato slices over a large serving platter. Add the cherry tomatoes. Finish with the chopped cilantro all over.
3. Drizzle the olive oil over the salad, followed by the lime juice. Sprinkle the salt and several twists of black pepper on top. Serve promptly. This salad is best consumed within a couple of hours, but leftover salad will keep in the refrigerator, covered, for 3 days.

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Tomato Salsa Salad		
Nutrition Facts		
<b>Serving Size</b>	<b>1 Serving</b>	
Amount Per Serving		
<b>Calories</b>	<b>98.1</b>	
%		
% Daily Value*		
<b>Total Fat</b>	7.1 g	9 %
Saturated Fat	1 g	5 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	304.7 mg	13 %
<b>Total Carbohydrate</b>	8.7 g	3 %
Dietary Fiber	2.1 g	8 %
Total Sugars	4.9 g	
Added Sugars	0 g	0 %
<b>Protein</b>	1.7 g	
<b>Vitamin D</b>	0 mcg	0 %
<b>Calcium</b>	29.6 mg	2 %
<b>Iron</b>	0.6 mg	3 %
<b>Potassium</b>	394.4 mg	8 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

