

Peach and Tomato Salad

Number of servings: 4

Preparation time: 20 minutes

Total time: 20 minutes

Ingredients:

- ¼ cup thinly sliced red onion
- ½ pound ripe peaches, sliced
- 2 large ripe tomatoes, cut into chunks
- 1 tablespoon vinegar
- 1.5 teaspoons olive oil
- 1 teaspoon honey
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- ¼ cup low-fat shredded mozzarella cheese
- 2 tablespoons torn basil

Equipment Needed:

Cutting board
 Knife
 Wooden spoon
 Fork
 Measuring spoons and cup
 Bowl

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Directions

- Wash peaches and tomatoes. Thinly slice the onion. Peel and slice the peaches. Cut the tomatoes into chunks.
- Combine first 4 ingredients in a bowl.
- Combine vinegar, oil, honey, salt and pepper in a bowl. Whisk with a fork and drizzle over the onion, tomatoes and peaches. Toss to combine.
- Sprinkle with cheese and basil and serve.



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Nutrition Facts

Serving Size: 1 cup	
Recipe makes 4 servings	
Calories 68	
Calories from Fat 30	
Amount Per Serving	%DV
Total Fat 2g	4%
Saturated Fat 1g	3%
Monounsaturated Fat 1g	
Trans Fat 0g	
Cholesterol 1mg	0%
Sodium 116mg	5%
Potassium 247 mg	7%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	7%
Protein	5%
Vitamin A	13%
Vitamin C	25%

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