



RECIPE OF THE Month

Two-Tomato Salad

Savor the flavor of tomatoes in this salad-plus-dressing.

Dressing – whisk together and set aside:

- 1 cup **tomato juice**
- ¼ cup **red-wine vinegar**
- 1 tbsp **extra virgin olive oil**
- 1 **garlic clove**, minced
- ¼ tsp **red pepper flakes**
- salt** and **pepper** to taste

Gently toss salad with dressing, allow to set for 30 minutes before serving.

MAKES 6 CUPS.

PER 1 CUP SERVING: 65 calories | 2.6g protein | 3g fat | 13g carbs | 1.5g fiber | 65mg sodium

Salad – place in a bowl:

- 2 cups **red grape** or **cherry tomatoes**, halved
- 1 cup **cucumber**, chopped
- 1 medium **yellow bell pepper**, chopped
- ⅓ cup **green onion**, sliced
- ⅓ cup fresh **cilantro** or **basil**, chopped
- 1 cup cooked **small shell pasta**