

Peach and Tomato Salad with Mint

INGREDIENTS

- 2 ripe peaches, pitted and cut into wedges
- 2 ripe heirloom tomatoes, cut into wedges
- 2 tbsp extra virgin olive oil
- 1 tbsp balsamic vinegar
- $\frac{1}{8}$ tsp each salt and pepper
- 2 tbsp chopped fresh mint leaves

DIRECTIONS

Arrange peaches and tomatoes on large platter. In small bowl, whisk together oil, vinegar, salt and pepper. Pour dressing over peaches and tomatoes. Top with mint.



Makes 4 servings. Each:
100 calories • 1g protein •
7g fat • 10g carb • 2g fiber •
45mg sodium