

Farm Market



Heirloom Tomato & Summer Vegetable Salad

Ingredients:

- 1/3 cup cider vinegar
- 2 teaspoons honey
- 1 small garlic, minced
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground pepper
- 1 cup sliced cherry, grape and/or pear tomatoes
- 1/2 medium cucumber, halved, seeded and sliced 1/8 inch thick
- 1/2 medium yellow summer squash, quartered and sliced 1/4 inch thick
- 1/4 medium sweet onion, such as Vidalia, sliced 1/8 inch thick
- Kernels from 1 ear of corn
- 1 tablespoon coarsely chopped fresh dill or basil

Directions:

1. Whisk vinegar, honey, garlic, salt and pepper in a medium bowl. Add tomatoes, cucumber, squash, onion and corn; stir well to combine. Let sit at room temperature for at least 30 minutes and up to 2 hours, stirring occasionally, before serving. Serve garnished with dill or basil.

Nutrition Facts:

Serving Size: 1 cup

52 calories; total fat 0.4g 1% DV; saturated fat 0.1g; cholesterol mg; sodium 149mg 6% DV; potassium 282mg 8% DV; carbohydrates 11.2g 4% DV; fiber 1.5g 6% DV; sugar 7g; protein 1.6g 3% DV; exchange other carbs 1; vitamin a iu 423IU; vitamin c 13mg; folate 29mcg; calcium 19mg; iron mg; magnesium 21mg; thiamin mg; added sugar 3g.

Exchanges: 1/2 starch, 1/2 vegetable

Recipe from eatingwell.com