Louisiana HARVEST of the MONTH

Cherry Tomato Herb Salad

Home Recipe

Serves: 6
Serving size: 3/4 cup
Prep Time: 15 minutes

Ingredients

- 1 quart cherry tomatoes
- ¼ cup canola oil
- 3 Tbsp white vinegar
- ½ tsp salt
- ½ tsp granulated sugar
- ¼ cup fresh parsley, minced
- 2 tsp oregano, minced
- 2 tsp basil, minced

Cooking Instructions

1) Place tomatoes in a shallow bowl. In a small bowl whisk oil, vinegar, salt and sugar until blended, stir in herbs.
2) Pour over tomatoes and gently toss to coat.
3) Refrigerate covered for at least 1 hour before serving.

Nutrition Facts

6 Servings Per Container
Serving Size 3/4 cup (182g)

Amount Per Serving	
Calories	**130**
	% Daily Value *
Total Fat 9g	**12%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 200mg	**8%**
Total Carbohydrates 11g	**4%**
Dietary Fiber 2g	**7%**
Total Sugars 8g	
Includes 4g Added Sugars	**8%**
Protein 2g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	2%
Potassium 390mg	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.

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