

Simple Tomato Salad

Makes: 4 Servings

This simple salad is a quick and easy way to prepare tomatoes. Serve as a side to brighten up any plate.

Ingredients

- 3** fresh tomatoes (sliced)
- 2 tablespoons** vegetable oil
- 2 teaspoons** lemon juice
- 1/8 teaspoon** black pepper
- 1/2 cup** reduced fat cheddar cheese (shredded)

Directions

1. Place tomatoes on a plate.
2. Drizzle with vegetable oil and lemon juice, and sprinkle with black pepper.
3. Top with cheese. Serve cold.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	100	
Total Fat	8 g	
Protein	3 g	
Carbohydrates	4 g	
Dietary Fiber	1 g	
Saturated Fat	1.5 g	
Sodium	60 mg	