

TOMATO SALAD WITH RED ONION & BASIL

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

3 TBS red-wine vinegar
4 tsp olive oil
1/2 tsp sugar
1/2 tsp salt
1/2 tsp Dijon mustard
1/4 tsp freshly ground pepper
4 tomatoes, cut into wedges
1 red onion, thinly sliced
1/3 C tightly pack fresh basil leaves, shredded

DIRECTIONS:

To prepare dressing: in small bowl, whisk vinegar, oil, sugar, salt, mustard & pepper.

In large salad bowl, combine tomatoes, onions & basil - drizzle with dressing & toss to coat. Refrigerate, covered, tossing once, till flavors are blended (at least 1 hour). Serve.

Makes 4 servings

(per serving: 92 calories; 5g total fat; 1g saturated fat; 0mg cholesterol; 299mg sodium, 12g total carbohydrates; 3g dietary fiber; 2g protein, 51mg calcium - WW points per serving: 2)