Lunch, Mediterranean

Garden Tomato Salad with Basil

Ripe plum and cherry tomatoes are layered over crisp butter lettuce, dressed with a garlicky red wine vinaigrette, and finished with fresh basil, toasted pumpkin seeds, and sunflower seeds.



Vegetarian

10 min	45	3 g	2 g
time	calories	carbs	sugars

Ingredients, 10 servings

- [ ] 1 head butter lettuce (large leaves torn into smaller pieces)
- [ ] 4 small roma (plum) tomatoes (or 2 large, sliced)
- [ ] 20 whole cherry tomatoes (halved)
- [ ] 1 clove garlic (very finely chopped)
- [ ] 2 tsp red wine vinegar
- [ ] 1/2 tsp Dijon mustard
- [ ] 2 tbsp olive oil
- [ ] 1/4 tsp kosher salt
- [ ] 1/4 tsp black pepper (freshly ground)
- [ ] 16 leaves fresh basil (thinly sliced)
- [ ] 1 tbsp pumpkin seeds (toasted)
- [ ] 1 tbsp sunflower seeds

Nutrition Facts

Per serving

Calories	**45**
Total fat	3.5 g
Saturated fat	0.5 g
Sodium	50 mg
Total carbs	3 g
Fiber	1 g
Total sugars	2 g
Protein	1 g

Method

- [ ] 1 Spread the torn butter lettuce leaves across a serving platter or four plates.
- [ ] 2 Arrange the sliced roma tomatoes over the lettuce and pile the halved cherry tomatoes on top.
- [ ] 3 Whisk the chopped garlic with the red wine vinegar, Dijon mustard, olive oil, kosher salt, and black pepper until well blended.
- [ ] 4 Drizzle the dressing evenly over the tomatoes.
- [ ] 5 Scatter the thinly sliced fresh basil, toasted pumpkin seeds, and sunflower seeds over the top and serve straight away.

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