

Recipe  
**15**

Serves  
**2-4**

# Tomato Salad



## Ingredients

2 tomatoes  
½ red onion (chopped)  
1x15ml spoon (1 Tablespoon) salad  
dressing

## Equipment

Chopping board and knife.

## Method

1. Wash the tomatoes.
2. Peel and slice the onion.
3. Arrange the tomato and onion in a serving dish.
4. Pour the dressing over the top, if desired.

# Nutrition Information

Tomato Salad	per 100g	per recipe	per portion ( $\frac{1}{3}$ recipe)
Energy (kJ)	87	326	109
Energy (kcal)	21	78	26
Protein (g)	0.8	3.0	1.0
Fat (g)	0.3	1.0	0.3
of which saturates (g)	0.1	0.3	0.1
Carbohydrate (g)	4.1	15.2	5.1
of which sugars (g)	3.6	13.5	4.5
Fibre (g)	1.1	4	1.3
Sodium (mg)	8	29	10
Salt (g)	0.0	0.1	0.0

## Notes

# Key Messages

## Healthy eating

- Tomatoes are a source of vitamin C which is essential for maintaining good health.

## Money

- Buying tomatoes sold loose is cheaper than buying packaged tomatoes.

## Food safety

- Wash the tomatoes thoroughly and make sure the chopping board is clean before you start.