

## Sweet 'n' Sour Tomato Salad

### Ingredients:

7 tomatoes, diced  
 1/2 onion, diced  
 1/2 cup sugar  
 1/2 cup white vinegar  
 Salt and pepper to taste

### Equipment:

Cutting board  
 Knife  
 Large Salad bowl  
 Measuring cups

Number of Servings: 6  
 Prep Time: 15 minutes  
 Total Time: 15 minutes

### Directions

1. Thinly slice the tomatoes. Cut the onion in half through root end, then thinly slice into half-circles. Place in large salad bowl.
2. Add sugar, vinegar, salt and pepper to bowl and mix well.
3. You may adjust the amounts of vinegar and sugar according to your taste. Lightly season with salt and pepper.
4. Serve at room temperature.

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### Nutrition Facts

Serving Size: 1 cup	
Servings: 6	
<b>Amount Per Serving</b>	
<b>Calories 101</b>	Calories from Fat 0
<b>%Daily Value*</b>	
<b>Total Fat</b> trace 1g	<b>1%</b>
Saturated Fat trace 1g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 14mg	<b>1%</b>
<b>Potassium</b> 353mg	<b>10%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
<b>Protein</b> 1g	<b>3%</b>
Vitamin A 18%	Vitamin C 47%
Iron 4%	Calcium 1%

\*Percent Daily Values are based on a 2,000 calorie diet.

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