

Recipes

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

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- 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

Calories 10	1	Calories from	n Fat 0
		%Daily	Value*
Total Fat trace 1g			1%
Saturated Fat trace 1g			0%
Cholesterol 0mg			0%
Sodium 14mg			1%
Potassium 353mg			10%
Total Carbohydrate 25g			8%
Dietary Fiber 2g			7%
Protein 1g			3%
Vitamin A	18%	Vitamin C	47%
Iron	4%	Calcium	1%

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