

## Balsamic Tomatoes and Onions

### Ingredients:

- 5 tomatoes, red ripe
- 1 red onion
- 2 tablespoons extra virgin olive oil
- 1/4 cup balsamic vinegar
- 10 French bread slices, for dipping (optional)

### Equipment:

- Cutting Board
- Knife
- Bowl
- Measuring cups
- Measuring spoons

Number of Servings: 8  
 Prep Time: 10 minutes  
 Total time: 1 hour

### Directions

1. Wash tomatoes. Cut tomato in half down through the core. Use a paring knife to cut out the core.
2. If you don't want seeds in your tomatoes, squeeze each half over a bowl to remove the seeds and other membranes. Place the tomato cut-side down on the cutting board and cut into two or three slices. Turn a quarter turn and cut the tomato again in the other direction to make a large dice. Add to a medium bowl.
3. Cut the ends off of the onion, and peel off the dead layers. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, keeping it together. Turn and slice again to make dice. Chop up any large pieces. Add to bowl.
4. Add olive oil and balsamic vinegar to the tomatoes and stir to mix ingredients together. Let stand for 5 minutes before serving, or refrigerate, covered, for up to 3 days.
5. Eat with French bread, and dip the bread in the marinade when finished with the tomatoes.

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### Nutrition Facts

Serving Size: 2 slices bread & 1/2 cup tomatoes  
 Servings: 8

Amount Per Serving		%Daily Value*	
<b>Calories 187</b>		Calories from Fat 54	
		<b>Total Fat 6g</b> 9%	
		Saturated Fat 1g 5%	
		<b>Cholesterol 0mg</b> 0%	
		<b>Sodium 264mg</b> 11%	
		<b>Total Carbohydrate 29g</b> 10%	
		Dietary Fiber 3g 11%	
		<b>Protein 5g</b> 10%	
Vitamin A	13%	Vitamin C	35%
Iron	9%	Calcium	4%

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

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