



## FARMERS' SALAD

**Nutrition Facts Per 100 Grams of Tomato:** Calories 315, Protein 5g, Carbs 30g, Fat 19g

Cooking process and additional ingredients added at home will affect the total value.

**Preparation Time:** 5 min, **Cooking Time:** 0 min



## INGREDIENTS

Tomatoes (500 grams)

Onion

Chili Pepper (optional)

Lemon-Olive Oil Dressing

Brown Pita Bread

# METHOD

1. Place all vegetables except chili in a large deep bowl.
2. Add chili as desired (spicy).
3. Shake dressing well then add to veggies and toss to combine.
4. Serve immediately with bread.



BON APPETIT