



## Cherry Tomato and Lemon Salad



Make 4 servings

### **Ingredients:**

- 1 Lb cherry or 3 cups grape tomatoes, halved or, if large, quartered
- 2 Large lemons (grate 2 tsp from lemon for zest)
- 1 Tbsp. sugar
- 3 Tbsp. chopped fresh chives
- 2 Tsp. extra-virgin olive oil
- 1/2 Tsp salt
- 1/4 Tsp black pepper.

Ask the Dietitian County of Los Angeles  
[www.lapublichealth.org/nutrition](http://www.lapublichealth.org/nutrition)  
Rev. 01/2010

### **Preparation:**

Cut lemon peel, including all white pith. (discard peel). Cut segments and cut crosswise into 1/4-inch pieces. Toss lemon segments gently with sugar in a bowl. Stir in remaining ingredients and zest. Let stand, covered, at room temperature for 15 minutes.

### **Nutritional Information per serving:**

*Calories 52, Fat 2 gm,  
Saturated fat <1 gm,  
Carbohydrates 8 gm,  
Fiber 2 gm, Sodium 294 mg.*



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