



## Fresh Tomato Salsa

½ pound cherry tomatoes – halved  
2 TBS chopped capers  
1 tsp. fresh thyme – chopped  
½ TBS chopped parsley  
1 garlic clove- minced  
2 TBS lemon juice  
2 TBS olive oil  
1 tsp. salt  
1 tsp. black pepper

Place the tomatoes, capers, thyme, parsley and garlic in a bowl. In a separate bowl, whisk together the lemon juice and olive oil. Add salt and pepper to taste.

Pour dressing over tomatoes and toss to coat well. Set aside.

Suggested sides – Baby Smashed Potatoes or Sweet Potato Chips

¼ salsa - CALORIES 75.39; FAT 6.9 grs (sat 0.97; mono 4.96; poly 0.8); PROTEIN 0.75 grs ; FIBER 1.04 grs; CARBS 3.6 grs; CHOLESTEROL 0.00 mg; IRON 0.5 mg; SODIUM 712.52 mg; CALCIUM 13.42 mg