

# **Tomato Salad With Orange Cilantro Vinaigrette**

From the King County Public Health Recipe Cookbook

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Salads/TomatoSalad.aspx>

## **Ingredients**

- 3 large, ripe tomatoes, sliced
- 3 tablespoons canola or vegetable oil
- 1/2 cup freshly squeezed orange juice
- 1 tablespoon orange zest, grated
- 1 tablespoon lemon zest, grated
- 1/2 teaspoon paprika
- 1/4 cup cilantro, chopped

## **Instructions**

1. Arrange sliced tomatoes on plates (3 slices per plate.)
2. In a small bowl, whisk together the oil, orange juice, orange zest, lemon zest, paprika and cilantro.
3. Drizzle the dressing over the tomatoes and sprinkle with salt and pepper, to taste.

Makes 6 servings (*1/6 recipe per serving*)

### ***Nutrition information per serving:***

Calories 92  
Carbohydrate 7 g  
Dietary Fiber 1 g  
Sugars 0 g  
Protein 1 g  
Total Fat 7 g  
Saturated Fat 1 g  
Trans Fat 0 g  
Cholesterol 0 mg  
Sodium 10 mg



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