Easy Low-Carb Tomato Summer Salad

Hands-on 5 minutes Overall 10 minutes

Nutritional values (per serving): Total carbs: 8.3 g, Fiber: 2.4 g, **Net carbs: 5.9 g**, Protein: 1.6 g, Fat: 7.3 g, Calories: 108 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

Ingredients (makes 4 side servings)

2 - 3 large beef tomatoes *or* any tomatoes (680 g/ 1.5 lb)

1 medium yellow onion, sliced (110 g/ 3.9 oz)

1 bunch of parsley, chopped (15 g/ 0.5 oz)

1 clove garlic, minced

2 tbsp apple cider vinegar *or* white wine vinegar (30 ml)

2 tbsp extra virgin olive oil (30 ml)

1 tbsp powdered Erythritol *or* Swerve (10 g/ 0.4 oz)

1/2 tsp rough sea salt, or to taste

1/4 tsp black pepper, or to taste

Instructions

1. Finely chop the parsley. Peel the onion and garlic.
2. Cut the tomatoes into wedges and place in a large salad bowl. Slice the onion and add to the bowl. Add minced garlic.
3. To make the vinaigrette, simply mix the vinegar, olive oil, sweetener, salt and pepper. Make sure the sweetener is completely dissolved.
4. Pour over the ingredients in the salad bowl and mix and toss to combine.
5. Let it sit for a few minutes before serving to allow the flavours to combine. Eat immediately or store in an airtight container in the fridge for up to 3 days.

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