

Tomato Basil Salad

Eat this salad on its own or use it to make vegan bruschetta.
Aromatic and delicious.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 10 mins

Cooking time: 0 mins

Category: Salads and dressings

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Raw



Ingredients

Tomato raw (includes cherry, grape, roma)	3 medium - 2 3/5" diameter
Onion, white, yellow or red, raw	1 medium - 2 1/2" diameter
Red bell peppers, raw	1 medium - 2 1/2" diameter x 2 3/4"
Basil, fresh	1 cup
Olive oil	1 teaspoon
Lemon juice, fresh	1 tablespoon
Salt, sea salt	0.5 teaspoon

Instructions

Use ripe tomatoes, either large tomatoes or the equivalent of grape or cherry tomatoes.

1. Cut tomatoes into bite size pieces and place in a large bowl.
2. Thinly slice onion and red pepper. Add to salad bowl.
3. Slice or chop fresh basil and add to the bowl. Toss to combine ingredients. Serve.
4. Add oil, lemon and salt (oil is optional).