

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Fresh Tomato Salad – Summer's Essential Salad

Choose from the following ingredients and/or add your personal favorites.

My sister suggests a few toasted pine nuts. Another friend recommends pitted [Nicoise olives](#).

Enjoy this fresh tomato salad as *you* like it. Vegan and naturally gluten-free.

Serves 1 or 20 or more

Start to Finish 5+ minutes, depending on how many you're serving

- Ripe tomatoes, a selection of colors, shapes and sizes
 - Balsamic vinegar *or* red wine vinegar
 - Coarse salt such as [fleur de sel](#), [Celtic](#) or [Himalayan](#)
 - Freshly ground pepper
 - Your best extra virgin olive oil
 - A few capers, optional
 - Fresh basil, thinly sliced or torn
 - Additional and optional fresh herbs: flat leaf parsley, fresh thyme leaves, thinly sliced chives, very thinly sliced green onions
 - Optional: Crumbles or cubes of fresh goat cheese or feta
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1. Slice some of the tomatoes and cut others into wedges. Smaller tomatoes can be halved or quartered. (I like a combination of all sizes and shapes.)
 2. Sprinkle cut tomatoes with vinegar, a good amount of salt and freshly ground pepper.
 3. Drizzle with a good amount of your best extra virgin olive oil.
 4. Gently mix the tomatoes together with the capers, basil and optional crumbles or cubes of cheese and additional herbs.
 5. If you can wait a few minutes to eat, do so. Waiting allows the flavors to marry.
 6. Serve at room temperature.