

# Tomato Salad

Fresh tomato salad with red onions, basil, and balsamic vinaigrette. Perfect summer side dish ready in 20 minutes. Vegetarian and dairy-free.

20	20	4	Easy
PREP MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Tomato Salad

## Ingredients

- 1 lb tomato
- 1 red onion
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 cup basil
- 1 tsp rock salt
- 1 tsp black pepper
- 1 tsp honey

## Instructions

- 1 Prepare the onion**

Slice 1 red onion into thin half-moon slices, about 1/8-inch thick. Submerge the slices in a bowl of cold water and let soak for 10 minutes to mellow the sharp flavor.
- 2 Make the dressing**

Whisk together 2 tablespoons olive oil, 1 tablespoon balsamic vinegar, 1 teaspoon honey, 1 teaspoon salt, and 1 teaspoon black pepper in a large serving bowl until the honey is completely dissolved and the mixture is smooth.
- 3 Prepare the tomatoes**

Cut 1 pound mixed tomatoes into bite-sized pieces - halve cherry tomatoes, cut medium tomatoes into wedges, and slice large tomatoes into thick rounds then quarter them. Add all tomatoes to the bowl with the dressing.
- 4** Toss the tomatoes gently with the dressing using your hands or a large spoon, coating all pieces evenly. Let stand at room temperature for 10 minutes to allow the tomatoes to release their juices.
- 5 Assemble the salad**

Drain the onion slices completely and pat them dry with paper towels. Add the dried onion slices and 1 cup fresh basil leaves to the tomatoes.
- 6** Toss all ingredients gently to combine, being careful not to bruise the basil leaves. Taste and adjust seasoning with additional salt and pepper if needed.
- 7** Let the salad rest at room temperature for 15-20 minutes before serving to allow the flavors to meld and develop fully.

## Tips

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Select tomatoes that feel heavy for their size and yield slightly to pressure near the stem end for optimal ripeness and flavor.

Soak sliced onions in cold water for 10 minutes to remove harsh bite while maintaining their crisp texture and fresh flavor.

Salt the tomatoes and let them sit for 15 minutes to draw out natural juices, creating a flavorful light sauce for the salad.

Use a mix of tomato varieties and colors for visual appeal and complex flavor profiles throughout the dish.

Dress the salad 30 minutes before serving to allow flavors to meld while maintaining optimal tomato texture.

Store leftover salad covered in the refrigerator and use within 2-3 days for best quality and food safety.

Add fresh herbs just before serving to prevent wilting and maintain their vibrant color and aromatic impact.

Serve at room temperature rather than chilled to allow the full flavor profile of the tomatoes to shine through.