

Foodnity Recipes

Marinated Tomatoes Salad – Quick & Healthy

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**Mediterranean** Cuisine	

Ingredients

Main Ingredients

- [ ] 4 large ripe tomatoes, sliced
- [ ] 1/4 cup fresh basil leaves, torn
- [ ] 1/3 cup extra-virgin olive oil
- [ ] 2 tbsp red wine vinegar
- [ ] 1 tbsp freshly squeezed lemon juice
- [ ] 1 tsp sea salt
- [ ] 1/2 tsp freshly ground black pepper
- [ ] Optional: pinch of red pepper flakes

Instructions

1. Wash the tomatoes, pat them dry, and slice them about 1/4-inch thick; arrange them in a shallow bowl.
2. In a small jar, combine red wine vinegar, lemon juice, sea salt, pepper, and red pepper flakes if using; shake well.
3. Slowly drizzle the olive oil into the jar while shaking to emulsify the dressing.
4. Pour the vinaigrette over the sliced tomatoes, toss gently to coat, and let sit for 5 minutes.
5. Scatter the torn basil over the top, give a final light toss, and serve immediately or after a brief rest.

Nutrition per serving

120 kcal	2 g	8 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter note, add a drizzle of honey to the dressing.
- For extra brightness, a splash of orange zest works beautifully.
- This salad pairs well with grilled fish or a simple crusty baguette.