Tomato Salsa Salad

Diabetes Friendly

Makes: 4 Servings

Ingredients:

- ½ cup chopped red onion (about 1/2 small red onion)
- 1-pint colorful cherry tomatoes, cut in half
- 2 each heirloom-colored tomatoes, cut in thin slices (yellow, purple, green)
- 1/4 cup thinly sliced fresh cilantro
- 2 tablespoons extra-virgin olive oil
- 1/2 tablespoons lime juice
- ½ teaspoon flaky sea salt or kosher salt, to taste
- Freshly ground black pepper, to taste
- Handful of baby arugula

Directions:

1. Thin slice the red onion for garnishing.
2. To assemble the salad, spread the tomato slices over a large serving platter. Add the cherry tomatoes. Finish with the chopped cilantro all over.
3. Drizzle the olive oil over the salad, followed by the lime juice. Sprinkle the salt and several twists of black pepper on top. Serve promptly. This salad is best consumed within a couple of hours, but leftover salad will keep in the refrigerator, covered, for 3 days.