



# JERSEY TASTES!

## RECIPES

### Fruity Tomato Salad

#### INGREDIENTS:

**FAMILY-SIZE**

**SERVES: 6-8**

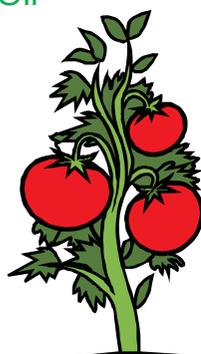
**PORTION SIZE: 3/4 CUP**

#### Vinaigrette Dressing

- 1 tablespoon Olive or Vegetable Oil
- 1/4 cup Apple Cider Vinegar
- 1/4 cup Lemon Juice
- 1 tablespoon Honey
- 1/4 teaspoon Salt
- 1/2 teaspoon Black Pepper

#### Salad

- 1 Avocado, chopped bite size
- 2 Carrots, medium, chopped
- 16 Grape or Cherry Tomatoes, quartered
- 1 Yellow Pepper, medium, thinly sliced
- 1 cup Peaches or 8 Strawberries, diced
- 1/4 cup, Mint, fresh, minced



#### DIRECTIONS:

##### VINAIGRETTE DRESSING

- 1 Combine all dressing ingredients.
- 2 Whisk together until fully blended.

##### SALAD

- 1 Combine all salad ingredients.
- 2 Add vinaigrette dressing & toss.
- 3 Chill and marinate for 1-2 hours.

#### SCHOOL FOOD SERVICE

**# PORTIONS: 24**

#### Vinaigrette Dressing

- 2 tablespoons Olive or Vegetable Oil
- 1/2 cup Apple Cider Vinegar
- 1/2 cup Lemon Juice
- 2 tablespoons Honey
- 1/2 teaspoon Salt
- 1 teaspoon Black Pepper

#### Salad

- 2 Avocados, chopped bite size
- 4.5 Carrots, medium, chopped
- 1 pint Grape or Cherry Tomatoes, quartered
- 2 Yellow Peppers, medium, thinly sliced
- 2 cups Peaches or 2 cups Strawberries, diced
- 1/2 cup, Mint, fresh, minced



**Fun Fact:**  
A tomato is a fruit  
that is sometimes  
considered a  
vegetable.

RECIPES MADE IN COLLABORATION WITH:

