

Fig, Tomato and Sweet Onion Salad

Cooking Light Magazine

Servings: 4

Preparation Time: 20 minutes

Start to Finish Time: 20 minutes

2 tablespoons red wine vinegar

2 teaspoons extra-virgin olive oil

1/4 teaspoon freshly ground black pepper

2 cups (1/2 pound) fresh figs, quartered

2 cups romaine lettuce, torn

1 cup cherry tomatoes, halved

3/4 cup Vidalia or other sweet onion, vertically sliced

3 tablespoons fresh mint, chopped

1/4 cup (1 ounce) crumbled feta cheese

Combine vinegar, olive oil and pepper in a large bowl; stir well with a whisk.

Add figs, lettuce, tomatoes, onion and mint; toss gently to coat.

Sprinkle with cheese.

Per Serving (excluding unknown items): 78 Calories; 5g Fat (48.3% calories from fat); 2g Protein; 8g Carbohydrate; 2g Dietary Fiber; 8mg Cholesterol; 112mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates.