



“Lady Bug” Tomato Salad

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
¼ cup	vinegar, balsamic	60 mL
¼ cup	vinegar, red wine or regular	60 mL
2	large shallots, minced	2
2 tsp	garlic, minced	10 mL
1 cup	vegetable oil	250 mL
20 cups	cherry tomatoes, halved	5 L
½ cup	fresh parsley, finely chopped	125 mL
1 cup	fresh basil, finely shredded	250 mL
2 cups	crumbled feta cheese	500 mL
¼ tsp	salt	1 mL
¼ tsp	pepper	1 mL

Note: Nutrition Information is on page 2.

Instructions

1. Combine all ingredients in a large bowl. Toss well to combine.
2. Refrigerate for 1 hour to allow flavours to develop.

Nutrition Information

Serving 85 g

Calories 80

Fat 6 g

Saturated 1.5 g

+ Trans 0 g

Sodium: 85 mg

Carbohydrates: 4 g

Fibre 1 g

Sugars 3 g

Protein 2 g

Calcium 40 mg

Iron 0.5 mg

Food Guide Servings

1 Vegetable & Fruit