

Integrative Health Institute

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Fresh Basil Tomato Salad

Created By: Meghan Walker

Serves 2-3

Ingredients:

- 2 large ripe tomatoes washed and sliced
- 1 handful of fresh basil leaves washed and dried
- 2 ounces of crumbled goat cheese
- 1/2 Tbsp extra virgin olive oil
- 1 Tbsp balsamic vinegar
- Salt and pepper to taste

Directions:

On a large plate arrange tomatoes to cover the surface. Top with basil leaves and goat cheese. Drizzle olive oil and balsamic vinegar and sprinkle salt and pepper to taste. Serve and enjoy!

Special Notes: