

## Tomato Salad

3-4 med tomatoes, coarsely chopped

½ small red onion, diced or thinly sliced

olive oil

wine vinegar

2-3 cloves garlic, pressed or finely chopped

1 lg avocado diced

juice of 1 lime

Large handful of arugula

Large handful fresh basil

½ c cannellini or chickpeas cooked and drained (1/2 of a 15 oz can)

pine nuts or pepitas

salt and pepper

Place tomatoes and onion in bowl with a few T. vinegar, good splash of oil, 2 pressed or chopped garlic cloves and pinches of salt and pepper.

Let marinate while prepping the rest.

Dice avo and season with lime juice and pinch salt.

Drain and add tomato mix . Add a good glug of olive oil, and rest of ingredients. Adjust seasonings.

Makes 6-8 cups