



# TOMATO CABBAGE SALAD WITH GARLIC DRESSING

Calories:51

Carb:8.6g

Fat:1.4g

Protein:2.4g

Servings:4

Prep time:10 mins

Cook time:0 mins

Category: Salad

## INGREDIENTS

- 200g cherry tomatoes
- 1 cup lettuce leaves
- 80g cabbage
- 1 medium carrot
- 2 tbsp corn kernels
- Some fresh basil leaves
- 1 clove garlic
- 1 tbsp tamari
- ½ tsp vinegar
- Salt and pepper to taste

## DIRECTIONS

- 1. Cut the tomatoes into halves. Chop the cabbage. Roughly chop the lettuce leaves.*
- 2. Thinly slice the carrot. Put all the sliced salad ingredients in a mixing bowl.*
- 3. Mix the tamari, vinegar and minced garlic. Pour the mixture into the salad bowl and toss to combine well.*
- 4. Adjust seasoning, serve or cover and refrigerate.*