

# Cherry Tomato and Garlic Vinaigrette Dressing

## Easy and Healthy Salad Recipe

One of the much-loved flavors, well at least in my book, is the combination of garlic and tomatoes in olive oil. Using it for a dip with Focaccia bread and a sprinkling of Parmesan cheese is just divine and will always have me reaching for a glass of wine every time. The perfect “guilt-free pleasure,” I always say. And for the reason that, the benefits of these 3 main ingredients it seems are beyond endless!

Olive oil is the oil that does wonders for your skin, nourishes you hair and scalp, and lowers cholesterol levels. Now we are learning that it is rich in cancer-fighting properties. Apart from being a flavor building staple in the culinary arts, **garlic**, has apparently been a longstanding staple in the “wonder drug” department as well. Rich in antioxidants, enzymes, and flavonoids, it has been found to lower cholesterol and blood sugar levels and relieve nasal congestion. It is a natural antibiotic, fighting ailments such as gingivitis, herpes, and yeast infections. And last but not the least, **tomatoes**, as we all know, are high in vitamin C, beta-carotene, and lycopene, all of which make it a good cancer fighting, bone strengthening, and degenerative disease-preventing food.

In addition, tomatoes are high in water and fiber content, which make them a good “filling food.” In the culinary arts, they are used to bulk up casseroles, salads, and sandwiches, without added fat. So there. Simply get a hold of the ingredients listed below and follow the simple steps.

## **Ingredients:**

- 2 pints of cherry tomatoes
- 3 minced garlic cloves
- 1/2 red onion, diced
- 6 tablespoons of olive oil
- 2 tablespoons of balsamic vinegar
- 1/2 teaspoon of rock salt
- 1/8 teaspoon of ground black pepper
- 1/4 cup chopped basil leaves

## **5 easy steps:**

1. Pre-heat oven to 200C/400F
2. Combine all ingredients in a roasting pan, except the basil
3. Roast for about 19 minutes
4. Stir occasionally until they start to explode and caramelize
5. Add in the basil, roast for 1 minute more

## **When done, carefully take out from oven and consider these 3 options:**

1. Use as dipping for crusty bread with a generous sprinkling of grated Parmesan cheese.
2. Drizzle over your cooked pasta. Mix well and top with grated Parmesan cheese.
3. Set aside to cool and pour over your salad.

Additionally, if you fancy a twist to this culinary venture, try out the art of invention and add on a few other favorites such as chopped olives, anchovies, or other types of herbs such as oregano, mint, or rosemary. This recipe serves a company of 4. Invite a few friends over and you're on your way to sharing your new found "gastronomic and guilt-free" leisure.