Heirloom Tomato Salad with Vinaigrette Dressing

Description

Nothing better than sliced tomatoes and fresh herbs with a vinaigrette dressing, this heirloom tomato salad made with microgreens and fresh basil is the perfect starter. And the fresh tomatoes from the garden are unbeatable.

Summary

Yield: 2
Prep Time: 10 minutes
Category: Salads
Cuisine: American
Tags: tomatoes, microgreens, heirloom

Ingredients

- 1 large heirloom tomato
- 1/2 cup fresh basil, thin slices
- 1 cup assorted microgreens
- 3 tbsps extra virgin olive oil
- 1 tbsp balsamic vinegar
- 2 tbsps feta cheese, crumbled
- 1/2 tsp sea salt

Instructions

For two servings, arrange a small bed of microgreens on each small salad plate, about a 1/2 cup per serving. Sprinkle a sparse layer of fresh basil over the bed of microgreens.

Slice the heirloom tomato, medium-thin slices about 3/8" thick. A large heirloom tomato should produce about 5 to 6 slices at this thickness. Arrange 2 to 3 slices on top of each bed of greens.

Sprinkle another layer of basil slices over the tomatoes. Sprinkle about 1 tablespoon of crumbled feta cheese over the top.

Prepare a simple vinaigrette of two parts extra virgin olive oil (about 2 tablespoons) to one part balsamic vinegar (about 1 tablespoon). Mix thoroughly and drizzle over the top of the tomatoes and feta cheese.

Season with fresh sea salt over the top.

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Notes

Microgreens are showing up more often these days on some of our trendy California menus at specialty restaurants. Recently, to our delight, we've begun to find microgreens at our local farmers market here in Southern California. Micro-greens are thin and delicate baby sprouted versions of various salad greens, leafy vegetables and edible flowers. Varieties that we've found include micro-fennel, micro-arugla, micro-spinach, micro-chrysanthemums, and micro-celery. These delicate greens make a terrific garnish and add a wonderful explosive burst of flavor and punch to your dish.

We used yellow heirloom tomatoes as shown in the photo. OK, we also snuck in a few slices of fresh red tomatoes from the garden.