Tomato Salad for Dull Blood

NIBBLEDISH CONTRIBUTOR

Ingredients

2 Large Tomatoes
0.5 Medium Onion, grated
13-18 Black Olives
1 Clove Garlic, crushed
2 tbsp Red Wine Vinegar
2 tbsp Entra Virgin Olive Oil
Handful Cilantro

Instructions

Vinegar is your best friend if you are tired or you have been naughty and your blood circulation is not smooth.

We have been living such a hectic life, moving and embarking on new projects, etc... So I just wanted us to sit on a couch, watch movie and unwind... and get healthy at the same time!

This salad tastes great just after you make it, but it tastes even better when you leave it in the fridge for a while.

First combine vinegar, olive oil, onion and garlic in a bottle and shake or mix in a bowl and set it aside.

Dice tomatoes into bite size of your choice and put them in a bowl. Pit the olives and break a little bit or mortar them and add into the bowl as well.

Add the dressing and stir, chop cilantro and mix together.