

Tomato Salad with Parmesan Crostini and Balsamic Reduction



Serves 8

1 large red onion
½ cup red wine vinegar
¼ cup water
1 cup balsamic glaze (reduced balsamic vinegar; start with about 3 cups)
12 crostini
½ cup parmesan cheese
Extra virgin olive oil
Salt and pepper

1. Place crostini on a baking sheet and sprinkle with parmesan cheese. Place in a 400-degree oven for about 10 minutes or until cheese has melted. Remove and set aside.
2. While crostini are cooking, in a medium size bowl combine vinegar and water. Add salt and pepper to taste. Add sliced onion, (keeping slices whole) into the vinegar solution and allow to marinate while other items are cooking.
3. Pour balsamic vinegar into a saucepan and reduce to about 1 cup by cooking on medium-high heat.
4. Arrange sliced tomatoes and marinated onions onto a platter. Drizzle with about ¼ cup balsamic glaze and 2 tbsp extra virgin olive oil. Salt and pepper to taste. Serve with parmesan crostini on the side.

Nutritional Analysis

Serving Size: One crostini and 1/8 salad

Calories	250
Total Fat	7g
Saturated Fat	2g
Cholesterol	5mg
Sodium	520mg
Carbohydrates	38g
Dietary Fiber	3g
Sugars	10g
Protein	10g

Diabetic Exchanges:

Protein	1.5
Carbohydrates	2.5
Fat	1.5