

Sliced Heirloom Tomatoes with Buttermilk Dressing

This dressing is good on other vegetables, too, such as sliced beets and cucumbers. Be sure to have some good bread for dipping.

INGREDIENTS:

- ½ cup mayonnaise or sour cream
- ½ cup buttermilk
- 1½ tablespoons minced fresh dill
- 3 tablespoons minced scallions (green onions)
- 1 garlic clove, minced
- Salt and freshly ground black pepper
- 3 large or 4 medium heirloom tomatoes
- Red wine vinegar to taste

INSTRUCTIONS: Whisk together the mayonnaise, buttermilk, dill, scallions, garlic, and salt and pepper to taste. Set aside for half an hour to blend the flavors.

Core the tomatoes and slice as thick as you like. Arrange them on a serving platter. Sprinkle with salt and vinegar. Drizzle with buttermilk dressing.

Serves 4

PER SERVING: 245 calories, 3 g protein, 9 g carbohydrate, 23 g fat (4 g saturated), 15 mg cholesterol, 205 mg sodium, 2 g fiber.