

Raw & Cooked Tomato Salad

serves 4-6

- 1 shallot, 1/2 minced and 1/2 sliced
- apple cider vinegar
- olive oil
- 1 pint cherry or grape tomatoes, halved or quartered
- sea salt
- 2 garlic cloves, sliced
- 1/4 cup pine nuts, pumpkin seeds or sunflower seeds
- chile flakes
- 3 medium heirloom tomatoes, sliced and/or cut into wedges
- freshly ground black pepper
- handful of fresh basil, torn

Add the minced shallot to a small bowl. Add a splash of vinegar, stir to cover, and set aside for now.

Heat a medium skillet to medium heat, add enough oil to lightly coat the bottom. Add the sliced shallot and saute for about 1 minute, until it's just beginning to soften. Add the cherry/grape tomatoes and a pinch of salt, saute until the tomatoes are just beginning to soften, about 8-10 minutes. Add the garlic and keep cooking for another 3-5 minutes. Add the nuts/seeds and chile flakes to taste, keep cooking until the nuts/seed get toasted, about another 5 minutes.

Arrange the heirloom tomatoes on a serving platter. Sprinkle with salt and pepper, drizzle with olive oil, and spoon about half of the vinegared shallots over top. Top the salad with the cooked tomatoes and the rest of the vinegared shallots. Garnish with basil and enjoy right away.