

Try this Lycopene-rich Recipe!

Lycopenes are a rich source of antioxidants,

Antioxidants help protect every cell membrane in the body against the ravages of everyday living and they help prevent diseases that result from the accumulative damage due to oxidation.

Our thanks to Joyce Comunale who was kind enough to share it with us:



Italian Tomato Salad

Ingredients:

- 3-4 good sized tomatoes
- Olive Oil
- Fresh basil
- Fresh garlic
- Sea salt
- Pepper

1. Cut up tomatoes in salad size pieces.
2. Add desired amount of olive oil
3. Add fresh minced basil
4. 2 gloves of garlic
5. Salt & Pepper to taste
6. Marinate in refrigerator for about an hour.



Joyce also recommends using the juice from the tomatoes for a salad dressing.

Enjoy!