



# INSTITUTE FOR PEAK HEALTH

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## Grilled Tomato Salad

Recipe by Alex Guarnaschelli

### Ingredients:

- 4 tbsp avocado oil
- 8 sprigs fresh oregano, stemmed
- ½ tsp dried oregano
- 2 limes
- 7 large heirloom tomatoes, cut into 1 ½-inch slices
- 2 tbsp flaky sea salt, just as Maldon sea salt
- 2 tsp ground pepper
- 1 tsp honey
- 1 pint organic cherry tomatoes, halved

### Instructions:

1. Preheat a grill or grill pan to high heat.
2. First make the dressing by adding 2 tbsp of avocado oil and fresh oregano into a small saucepan and cooking over medium heat. Cook the oregano until the green color fades and leaves crisp up, about 2-3 minutes. Pour the oil and oregano into a medium bowl
3. Add the remaining 2 tbsp of olive oil and add the dried oregano to the bowl. Then cut limes and squeeze all the juice into the bowl as well. Whisk to combine.
4. Arrange the tomato slices in a single layer on two baking sheets. Season them on both sides with some sea salt, pepper, and a drizzle of honey. Put cherry tomatoes on a separate baking sheet and season too.
5. Grill large tomato slices for 2-3 minutes, until they have a great charred flavor. Turn them over and let cook for a few minutes more. Transfer to a serving platter and top with cherry tomato halves.
6. Drizzle the tomatoes with the dressing and sprinkle with remaining salt. If it lacks sweetness, drizzle a small amount of honey on top. Serve immediately.