

FIRE AND ICE TOMATOES

Makes 6 cups Serving size: 1/2 cup

¾ cup	white vinegar
1 ½ tsp	celery seed
1 ½ tsp	mustard seed
1 cup	splenda
1/8 tsp	red pepper
1/8 tsp	black pepper
1 tsp	garlic powder
1 tsp	salad oil
½ tsp	sweet basil

6 large tomatoes-peeled and quartered

1 large green pepper-chopped

1 large red onion-chopped

Combine first 10 items and bring to rolling boil for 1 minute. Add ¾ cup cold water and bring to a boil. Pour over vegetables and cool. Cover and chill overnight or several hours.

Nutrition Information per serving:

Calories: 15

Carbohydrate: 3 gm