

## Tomato Walnut Salad

3 Tomatoes, chopped  
2 Green bell peppers, seeded and chopped  
½ Cup chopped walnuts  
¼ Cup fresh parsley leaves, chopped finely  
1½ Tablespoons molasses  
Extra-virgin olive oil to taste  
Salt and pepper to taste



In a salad bowl toss together the tomatoes, peppers, walnuts, parsley, molasses, olive oil and salt and pepper to taste.