



Cool “Lomi Lomi” Tomato Salad

It's filled with the joyful sharing of life energy

- 1 Tablespoon coconut oil
- 6 Tablespoons chopped red onions
- 1 ounce sliced smoked ham, fine chopped
- 2 Tablespoons Panko breadcrumbs
- 1/8 teaspoon ground black pepper
- 2 Tablespoons crumbled goat or feta cheese
- 1 Tablespoon capers, drained
- 4 fresh vine-ripe medium-large tomatoes
- Mixed lettuce greens as desired
- Minced chives as desired
- 4 teaspoons sweet white balsamic vinegar or to taste
- Chive blossoms for garnish

Cook Tomato Filling: Melt coconut oil in small skillet; add onions and ham; sauté to soften about 2 minutes; stir in breadcrumbs; cook over medium heat about 3 minutes or light golden color. Season with ground black pepper. Set aside to cool. Add feta cheese and capers to cooled mixture. Cover; place in refrigerator.

Removing Tomato Skin: With a tip of paring knife, make a small X (only through the skin) on the bottom of each tomato. Make another cut about a half inch slice around the stem top. (You will cut the top slice off later.) Don't cut too deep into the tomato flesh.

Boil water in a small saucepan, place the scored tomatoes with stem intact, submerged in hot water for 30 seconds. Carefully remove tomato; place in a bowl of ice water to cool them quickly.

Remove Tomato Top: Carefully loosen tomato skin; remove and discard the peels. Cut a 1/2 inch slice off from the stem top. The slice will look like a cover for the tomato. Set aside.

Remove Tomato Flesh: With scissors, carefully clip out the core and remove loose flesh and seeds from inside of tomato. Drain off seeds; discard hard pieces of core; chop remaining tomato flesh. Add drained juice and soft tomato flesh to chilled onion mixture.

Stuff Tomatoes: Gently fill the tomato shells; chill until ready to serve.

To Serve: Place lettuce leaves, one filled tomato, and a tomato top on each serving plate. Sprinkle the tomatoes with chopped chives and drizzle salad with sweet vinegar; garnish with chive blossoms. Yield: serves 4

About the Recipe: This recipe is filled with refreshing flavors and juicy summer tomato goodness. Removing the skin of the fresh tomato creates a new texture and tomato taste. We added the name Lomi Lomi because In the Hawaiian language, it has a deep meaning, which represents the idea of absolute deliciousness. It's "the joyful (oha) sharing (alo) of life energy (ha) in the present (alo)." The feeling is a deeper connection to self and others.