Recipe of the Week

Chopped Caprese Salad

Ingredients:
• 4 medium heirloom tomatoes, cored and diced
• ½ cup basil leaves, torn or minced
• 6 ounces fresh mozzarella, cut into cubes
• 1 tablespoon olive oil
• 1 tablespoon balsamic vinegar
• Salt and pepper to taste

Directions:
1. Combine diced tomatoes, basil leaves, mozzarella in a large bowl.
2. In a small bowl whisk together olive oil and balsamic vinegar.
3. Add dressing to tomatoes and toss gently
4. Salt and pepper to taste.

Serves 4
180 calories, 13 g fat, 6 g saturated fat,
6 g carbohydrate, 2 g fiber, 11 g protein,
270 mg sodium
Source: Linus Pauling Institute