



*Simple,
Seasonal,
Sustainable*

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

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