

CAPRESE SALAD

Caprese Salad

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 5 (Serving= 1 cup)

Nutrition (per serving)

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|--------------------|-----------------------|
| Calories: 227 | Total Carbohydrate: 8 |
| Total Fat: 15 g | Dietary Fiber: 2 g |
| Saturated Fat: 5 g | Protein: 9 g |
| Sodium: 388 mg | |

Ingredients

- 4 cups tomatoes, diced
- ¾ cup fresh basil leaves, chopped
- 1- 8 ounce container cherry-size fresh mozzarella cheese
- ½ cup sliced kalamata olives, rinsed
- 1 Tablespoon minced garlic
- 1 Tablespoon balsamic vinegar
- 1/2 Tablespoon extra-virgin olive oil

Directions

1. In a bowl, gently mix the tomatoes, basil, cheese, and olives.
2. Add garlic and drizzle with balsamic vinegar and olive oil. Allow to sit about 15 minutes, and toss again before serving.