

NECTARINE CAPRESE SALAD

Nectarine Caprese Salad

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

Serves: 7 (Serving= 1 cup)

Nutrition (per serving)

Calories: 170	Total Carbohydrate: 12
Total Fat: 11 g	Dietary Fiber: 2 g
Saturated Fat: 3.5 g	Total Sugars: 8 g
Sodium: 154 mg	Protein: 7 g

Ingredients

- 2 cups halved cherry tomatoes
- 3 cups diced nectarines
- 1 cup fresh blueberries
- 8 oz fresh mozzarella pearls
- ¼ cup chopped fresh basil leaves
- 2 Tablespoons chopped fresh mint leaves
- 1 ½ Tablespoons extra virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 Tablespoon balsamic glaze

Directions

1. In a large bowl, combine all ingredients. Toss to coat evenly. Can serve with balsamic glaze drizzled over salad or mixed in.