

Chopped Caprese Salad

This refreshing salad is a simple and delicious addition to any summer picnic.

Serves 4



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

Nutrition Facts

Serving Size about 1/2 cup
Servings Per Container 4

Amount Per Serving

Calories 180 **Calories from Fat** 120

% Daily Value*

Total Fat 13g **20%**

 Saturated Fat 6g **30%**

 Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 270mg **11%**

Total Carbohydrate 6g **2%**

 Dietary Fiber 2g **8%**

 Sugars 4g

Protein 11g

Vitamin A 30% • Vitamin C 30%

Calcium 25% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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.

Please note: nutritional values are approximate.

