

Portion size: 3 Cups



## Tossed Caprese Salad

*Tossed salad with tomatoes, fresh mozzarella, basil and balsamic vinegar*

Yield: 4

4-1/2 oz	Spring Mix Salad
1 oz	Fresh Mozzarella Cheese
8 oz	Heirloom Tomatoes
1/2 cup	Basil, Chopped
1/2 tsp	Kosher Salt
1/8 tsp	Ground Black Pepper
2 Tbsp	Extra Virgin Olive Oil
1 Tbsp	Balsamic Vinegar



Dice mozzarella cheese and heirloom tomatoes. Place all ingredients in a bowl and toss with oil and balsamic vinegar to dress the salad. Serve immediately.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)
183.3	10.7	4.1	15.6	5	22.4	78.1	1.3