

Tomato Mozzarella Salad

Makes 4 servings

Ingredients:

2 large ripe tomatoes, each cut into 8 wedges
4 oz (1/2 cup) mozzarella cheese, grated or cut into cubes
1 Tbsp dried basil or 1 bunch fresh basil leaves chopped
2 Tbsp vegetable oil
1/4 cup vinegar

Directions:

1. Place tomatoes, cheese & basil in a serving bowl.
2. Place oil & vinegar into a jar, cover & shake well. You may also use a zip-lock bag or any other container with a lid that you can shake.
3. Pour oil & vinegar over the tomatoes & toss gently to mix.
4. Serve immediately or store in the refrigerator to allow flavors to blend.

Helpful hint

Allow the basil to blend in the vinegar overnight. Add the oil to the basil vinegar & shake. Then add to tomatoes & cheese. This allows the flavor of the basil to blend better.

Nutrition Facts

Calories: 150
Calories from fat: 110
Total fat: 12g
Saturated fat: 3.5g
Cholesterol: 15mg
Sodium: 160 mg
Total carbohydrates: 5g
Dietary fiber: Less than 1g
Sugars: 3g
Protein: 8g
Vitamin A: 10%
Vitamin C: 20%
Calcium: 20%
Iron: 2%