

Caprese Salad



Servings: 8-10 Servings size: 1 cup

Nutrition Information:

32 carbohydrates

228 calories

7g fat

9g protein

112mg sodium

Ingredients:

4 cups diced ripe tomato

1 cup chopped sweet basil (Spanish Basil preferred)

$\frac{1}{2}$ cup chopped red onion

$\frac{1}{2}$ cup sliced ripe olives (canned - rinsed)

6 Mozzarella string cheese ($\frac{1}{2}$ inch slices)

$\frac{1}{2}$ cup lemon juice

1 tsp sea salt

$\frac{1}{2}$ tsp minced garlic

2 tbsp. Olive oil (or Grapeseed oil)

Directions:

1. Combine lemon Juice, minced garlic and olive oil.
2. Chop tomatoes and sprinkle with salt.
3. Add basil, onion, cheese and olives.
4. Toss and add lemon juice.