

# Caprese Salad



COURSE

Appetizer, Salad, Side Dish



## INSTRUCTIONS

1. In equal parts, slice Roma Tomatoes place on a platter, slice Fresh Mozzarella Cheese to put on top of Tomato slices.
2. Break off Fresh Basil leaves to place on top of Mozzarella Cheese
3. Drizzle Olive Oil and equal part drizzle Balsamic Vinegar on top
4. Add a pinch of fresh ground pepper

## NOTES

### Shopping List:

Fresh Roma Tomatoes, 1 bunch of Fresh Basil, Fresh Mozzarella Cheese, Extra Virgin Olive Oil, Balsamic Vinegar, Fresh Ground Pepper.

### Health Comments:

Tomatoes are an excellent source of the Antioxidants Lycopene, Beta Carotene, Naringenin, and Chlorogenic Acid. Basil in addition to Antioxidants Vitamins and Phenolics, is rich in Vitamin K, Calcium, Zinc, Potassium, Magnesium and fiber, and low-fat Protein and Vitamin K in Mozzarella.

