



NUTRITION CONSULTING INC.

Speedy Italian Caprese Salad

Makes 4 Servings

This is one of the easiest and tastiest salads you can make. Tomatoes are a great source of lycopene which is a phytonutrient that is helpful for reducing cancer risk.

What You Need:

4 medium vine ripened tomatoes, sliced in 1/4 inch thick rounds
8 ounces (240 grams) bocconcini cheese (fresh mozzarella cheese sold in delis in containers as large balls), sliced in 1/4 inch thick rounds
About 20 or so fresh basil leaves
1 tsp. olive oil
Salt and fresh ground pepper to taste

How You Prepare:

Layer alternating slices of tomato, cheese and basil leaves on a large platter in a single layer. Drizzle with olive oil and season with salt and pepper to taste.

Nutrition Information Per Serving:

Calories 192
Carbohydrates 6 g
Protein 13 g
Fat 14 g
Dietary Fiber 1.6 g



Appetizer Variation:

Use cherry or grape tomatoes and mini bocconcini cheese and skewer on a toothpick and drizzle with olive oil and balsamic vinegar and season with salt and pepper to taste for a healthy and colorful appetizer.

It's your **health.**



Take a stand.

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