

# ASPARAGUS CAPRESE SALAD

*Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian*

Serves: 6 (Serving= 3/4 cup)

## Nutrition (per serving)

Calories: 153

Total Fat: 10 g

Saturated Fat: 1 g

Sodium: 162 mg

Total Carbohydrate: 6 g

Dietary Fiber: 2 g

Protein: 8 g



## Ingredients

- 2 cups cooked asparagus, cut into 1-1/2 inch pieces
- 2 cups cherry tomatoes, halved
- 1 1/4 cup fresh mozzarella, cubed (7 ounce container)
- ½ cup onion, diced
- ½ cup fresh basil, chopped (2/3 ounce package)
- 2 Tablespoons extra virgin olive oil
- 4 teaspoons balsamic vinegar
- ¼ teaspoon black pepper
- ¼ teaspoon salt

## Directions

1. In a large bowl, combine the asparagus, tomatoes, mozzarella, onion, and basil.
2. In a small bowl, whisk together the olive oil, balsamic vinegar, black pepper and salt.
3. Drizzle the dressing over the salad; gently toss to coat.