

# CAPRESE SALAD

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

Serves: 5 (Serving= 1 cup)

## Nutrition (per serving)

Calories: 227

Total Carbohydrate: 8 g

Total Fat: 15 g

Dietary Fiber: 2 g

Saturated Fat: 5 g

Protein: 9 g

Sodium: 388 mg



## Ingredients

- 4 cups tomatoes, diced
- 1/4 cup fresh basil leaves, chopped
- 1- 8 ounce container cherry-size fresh mozzarella cheese
- 1/2 cup sliced kalamata olives, rinsed
- 1 Tablespoon minced garlic
- 1 Tablespoon balsamic vinegar
- 1/2 Tablespoon extra-virgin olive oil

## Directions

1. In a bowl, gently mix the tomatoes, basil, cheese, and olives.
2. Add garlic and drizzle with balsamic vinegar and olive oil. Allow to sit about 15 minutes, and toss again before serving.



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