

NECTARINE CAPRESE SALAD

Gluten Free, Low Carb / Diabetes Friendly, Lower Sodium, Vegetarian

Serves: 7 (Serving= 1 cup)

Nutrition (per serving)

Calories: 170

Total Fat: 11 g

Saturated Fat: 3.5 g

Sodium: 154 mg

Total Carbohydrate: 12 g

Dietary Fiber: 2 g

Total Sugars: 8 g

Protein: 7 g



Ingredients

- 2 cups halved cherry tomatoes
- 3 cups diced nectarines
- 1 cup fresh blueberries
- 8 oz fresh mozzarella pearls
- ¼ cup chopped fresh basil leaves
- 2 Tablespoons chopped fresh mint leaves
- 1 ½ Tablespoons extra virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 Tablespoon balsamic glaze

Directions

1. In a large bowl, combine all ingredients. Toss to coat evenly. Can serve with balsamic glaze drizzled over salad or mixed in.



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