



# Caprese Salad

## Ingredients:

- 2 Roma tomatoes
- 3 ounces fresh mozzarella
- 8-10 basil leaves
- 1.5 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- salt and pepper to taste

## Instructions:

1. Wash the tomatoes and basil leaves well. Dry with paper towels.
2. Slice the tomatoes into ¼ inch slices, discarding the stems.
3. Slice the mozzarella into ¼ inch slices.
4. Arrange the mozzarella slices on top of the tomato slices with one basil leaf on the very top
5. Drizzle with olive oil and balsamic vinegar if using.
6. Add a dash of salt and pepper on top before serving.

## Variations:

- Adding balsamic vinegar is not necessary, but a little bit adds a nice sweet flavor.
- You can serve this on top of 100% whole grain bread as an appetizer, between two slices of toasted 100% whole grain bread as a Panini or even cut up in smaller pieces for a chopped salad!
- Adding some olives to the plate can give it a gourmet touch.

**Prep Time:** 10 minutes

**Cooking Time:** 00 minutes

## Equipment:

paper towels  
cutting board  
knife  
measuring spoons  
paper towels

**Servings:** 4 servings

**Serving Size:** ¼ of recipe (~3 tomato slices)



**Nutrition Facts:** 120 Calories, 11 g Fat, 4 g Saturated Fat, 2 g Carbohydrates, 4 g Protein, 0 g Fiber, 1 g Sugar, 50 mg Sodium.

Check out our blog at [www.cookingoncampus.arizona.edu](http://www.cookingoncampus.arizona.edu) to find past recipes and a list of upcoming classes!  
For more info about nutrition and what to eat on campus, go to [www.health.arizona.edu](http://www.health.arizona.edu), click Health Promotion, then Nutrition.

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