

Cherry TOMATO BERRY SALAD

This delicious cherry tomato & berry salad is the taste of summer! Try it once and you'll see why it's become a go-to dish for all occasions!



DIRECTIONS:

- Halve the Cherry Tomatoes & mozzarella balls.
- Mix together with kale, blackberries, blueberries and raspberries.
- Season with salt & pepper.
- Mix well and transfer to a serving platter. Drizzle the top of the salad with olive oil and balsamic vinegar. Serve immediately.

Nutrition Facts	
Serving Size (291g) Servings Per Container	
Amount Per Serving	
Calories 270	Calories from Fat 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 60mg	3%
Total Carbohydrate 21g	7%
Dietary Fiber 6g	24%
Sugars 9g	
Protein 13g	
Vitamin A 170% • Vitamin C 150%	
Calcium 10% • Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Prep time: 10 Minutes
Cook time: N/A
Serves: 4 People

INGREDIENTS:

- 2 cups TOMZ Cherry Tomatoes
- 1 cup blackberries
- 1 cup blueberries
- 1 cup raspberries
- 200 grams kale
- 8 oz. mozzarella balls
- ½ tbsp. olive oil
- 1 tbsp. balsamic vinegar
- Salt & Pepper to taste

CHEF'S TIP:

You can use goat cheese instead of Mozzarella to switch up the flavor and texture.

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