

Caprese SALAD

A tower of sliced heirloom tomatoes that is prepared to accomplish the tall task of satisfying your expectations. This recipe is sure to elevate your energy and leave you smiling for the rest of the day as it is delicious & stacked full of nutrients.



Nutrition Facts

Serving Size (507g)	
Servings Per Container	
Amount Per Serving	
Calories 390	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 2360mg	98%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 63g	
Vitamin A 110%	Vitamin C 60%
Calcium 190%	Iron 6%
*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	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Prep time: 5 minutes
Cook time: N/A
Serves: 2 People

INGREDIENTS:

- 3 Heritage Heirloom tomatoes, at least 1/4" thick slices
- 1 lb fresh mozzarella, 1/4" thick slices
- 1 bunch fresh basil leaves (about 20 to 30 leaves)
- Extra-virgin olive oil, for drizzling
- Coarse salt and pepper

CHEF'S TIP:

To add a little crunch, place pine nuts or sunflower seeds in between your layers.

DIRECTIONS:

- Layer alternating slices of Heritage Heirloom tomatoes, mozzarella and a basil leaf, on a large, shallow plate
- Drizzle the salad with extra-virgin olive oil and season with salt and pepper, to taste.



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