

## **Caprese Salad**

Try out this recipe for a quick and delicious way to get all four nutrients of concern into your diet! The mozzarella provides calcium, vitamin D, and Potassium while the vegetables provide the fiber making it a great way to ensure you are getting a balanced diet including the nutrients of concern.

Yield: 4 to 6 servings

### **Ingredients:**

3 vine-ripe tomatoes, 1/4-inch thick slices  
1 pound fresh mozzarella, 1/4-inch thick slices  
20 to 30 leaves (about 1 bunch) fresh basil  
Extra-virgin olive oil, for drizzling  
Coarse salt and pepper

### **Directions:**

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