CAPRESE GREEN BEAN SALAD

INGREDIENTS:

- 2 pounds fresh green beans, ends trimmed
- 1 pint grape tomatoes, halved
- 6 ounces fresh mozzarella, chopped
- 1 bunch fresh basil leaves

DRESSING:

- 4 tablespoons olive oil
- 3 tablespoons lemon juice
- 3 tablespoons balsamic vinegar
- 1/4 teaspoon kosher salt
- 1/4 teaspoon garlic powder
- 1/8 teaspoon ground black pepper

DIRECTIONS:

1. Bring pot of water to boil. Add 1 teaspoon salt. Cook beans 5 – 10 minutes, or until desired tenderness. While beans cook, prepare a large bowl for an ice water bath with water and ice. Immediately drain beans into a colander, draining hot water and placing drained beans in ice water bath to stop cooking.
2. Drain beans and pat dry. Toss beans lightly in a bowl with tomatoes.
3. Dressing: whisk together oil, lemon juice, vinegar, salt, garlic powder, and pepper.
4. Pour dressing mixture over green beans and toss gently to coat. Cover bowl and chill for an hour before serving.
5. Stir in mozzarella and basil right before serving. Serve chilled or at room temperature.

Nutrition Facts

Serving Size 1 cup (248g)
Servings Per Container 6

Amount Per Serving

Calories 170	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 290mg	**12%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 4g	**16%**
Sugars 6g	
Protein 11g	

Vitamin A 10% • Vitamin C 15%

Calcium 20% • Iron 2%

*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

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Source: cleanfoodcrush.com