TOMATO BASIL AVOCADO MOZZARELLA SALAD

INGREDIENTS:

- 4 cups red and yellow grape or cherry tomatoes, halved
- 2 avocados, diced
- 8 ounces small mozzarella cheese balls
- 1/2 cup fresh basil, chopped

DRESSING:

- 1/4 cup olive oil
- 1/4 cup balsamic vinegar
- 3 tablespoons honey
- Salt to taste

DIRECTIONS:

1. Salad: In a large bowl, combine all salad ingredients, except mozzarella cheese balls.
2. Dressing: In a small bowl, combine all dressing ingredients and whisk until smooth.
3. Add salad dressing to large bowl with salad, sprinkle with small amount of salt, and toss to combine. Add mozzarella on top of salad to prevent staining from the dressing.

Nutrition Facts

Serving Size 1 1/3 cup (450g)
Servings Per Container 6

Amount Per Serving	
Calories 80	Calories from Fat 25
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 330mg	**14%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 4g	**16%**
Sugars 3g	
Protein 4g	

Vitamin A 50% • Vitamin C 6%

Calcium 8% • 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

Benteh Nuutah
Valley Native Primary Care Center
Wellness Center
(907) 631-7630
southcentralfoundation.com

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