

Caprese Salad

Salade caprese

- 5 min
- Easy
- 280 kcal per serving
- Lunch
- Snack
- Vegetarian
- Quick
- Gluten-Free



Ingredients

FOR ONE SERVING

Mozzarella (Mozzarella)	125 g
Tomato (Tomate)	3
Basil (Basilic)	10 leaves
Olive oil (Huile d'olive)	2 tbsp
Balsamic vinegar (Vinaigre balsamique)	1 tbsp

Nutrition facts

PER SERVING

Calories	280
Protein	14 g
Carbohydrates	8 g
Fat	22 g
Fiber	2 g

Preparation

- 1 Slice the tomatoes and mozzarella into even pieces.
- 2 Arrange the tomato and mozzarella slices on a plate, alternating them.
- 3 Tuck the basil leaves between the slices and over the top.
- 4 Drizzle the olive oil evenly over the salad.
- 5 Add the balsamic vinegar over the top.
- 6 Season lightly with salt and pepper if desired, then serve right away.

GOOD TO KNOW

Use ripe tomatoes and fresh basil for the best flavor.