



# Garden Caprese Salad

Makes 12 servings

## Ingredients

8 plum (Roma) tomatoes (seeded and cut into ½-inch chunks)  
2 medium cucumbers (seeded and cut into ½-inch chunks)  
½ small red onion (small dice)  
1 teaspoon olive oil

3 teaspoons balsamic vinegar  
1 ounce fresh basil leaves (about 15 leaves, chopped)  
¼ teaspoon salt (optional)  
¼ teaspoon black pepper  
4 ounces fresh mozzarella (cut into small chunks)

## Instructions

1. In a large bowl, combine all ingredients. Mix well.
2. Let the salad marinate for 1 hour in the refrigerator.

## Nutrition Facts

Serving size: ½ cup; calories per serving: 50; total fat: 3g; saturated fat: 1.5g; cholesterol: 10mg; sodium: 35mg; carbohydrates: 4.0g; fiber: 2g; protein: 2g; sugars: 2g

Source: [www.diabetesfoodhub.com](http://www.diabetesfoodhub.com)

