



UNIVERSITY OF DELAWARE
**COOPERATIVE
EXTENSION**

Crunchy Caprese

Servings

2 servings

Ingredients

- 1 tomato
- 1 medium cucumber
- 8oz fresh mozzarella cheese
- 5-6 basil leaves
- 1tsp balsamic vinegar
- salt and pepper to taste



Directions

1. Slice your tomato into 8 equal size pieces
2. Slice 8 pieces of your cucumber with equal thickness as your tomato slices
3. Slice your mozzarella into equal 1oz portions.
4. Stack the cucumber on top of the tomato, and the mozzarella on top of the cucumber
5. Chop up your basil leaves and evenly sprinkle on top of each stack
6. Drizzle balsamic vinegar on each stack
7. Add a pinch of salt and pepper to taste

Nutrient content per serving

- Calories- 154cals
- Carbs- 6g
- Protein- 14g
- Fat- 10g
- Sodium- 34mg
- Fiber- 1g

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