



NUTRITION CONSULTING INC.

## Speedy Italian Caprese Salad

By Andrea Holwegner BSc, RD

Makes 4 Servings

*This is one of the easiest and tastiest salads you can make. Tomatoes are a great source of lycopene which is a phytonutrient that is helpful for reducing cancer risk.*

### What You Need:

4 medium vine ripened tomatoes, sliced in 1/4 inch thick rounds.  
8 ounces (240 grams) bocconcini cheese (fresh mozzarella cheese sold in delis in containers as large balls), sliced in 1/4 inch thick rounds.  
About 20 or so fresh basil leaves.  
1 tsp. olive oil  
Salt and fresh ground pepper to taste



### How You Prepare:

Layer alternating slices of tomato, cheese and basil leaves on a large platter in a single layer. Drizzle with olive oil and season with salt and pepper to taste.

### Nutrition Information Per Serving:

Calories 192  
Carbohydrates 6 g  
Protein 13 g  
Fat 14 g  
Dietary Fiber 1.6 g

### Appetizer Variation:

Use cherry or grape tomatoes and mini bocconcini cheese and skewer on a toothpick and drizzle with olive oil and balsamic vinegar and season with salt and pepper to taste for a healthy and colorful appetizer.

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*Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit [www.healthstandnutrition.com](http://www.healthstandnutrition.com). Twitter @chocoholicRD.*

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