

Caprese Zucchini Salad with Balsamic Vinaigrette

🕒 Prep: 15 min Total: 15 min + marinade time

👤 Servings: 4-5 servings

1x

2x

3x

INGREDIENTS

- 2 medium zucchini, sliced into half-moons or spiralized (I used the ribbon setting)
- 1 cup cherry tomatoes, halved
- 3/4 cup fresh mozzarella pearls
- 1/2 small red onion, thinly sliced (~1/2 cup)
- 1/2 cup fresh basil, thinly sliced
- 1/2 cup Tessemae's Balsamic Vinaigrette* (add more to taste)
- Black pepper

INSTRUCTIONS

1. Gather all of the ingredients and prepare veggies.
2. For the spiralized or sliced zucchini, pat dry with paper towels to absorb as much liquid as possible.
3. Next, combine all of the ingredients in a large bowl. Toss with the dressing.
4. Allow to marinate for 30 minutes in the fridge before serving.
5. Toss and add salt & pepper to taste.
6. Top with additional fresh basil and a pinch or two of black pepper.

NOTES

*To make homemade balsamic vinaigrette: Combine 1/3 cup avocado oil or olive oil, 3 Tbsp. balsamic vinegar, 1/2 tsp. dijon mustard, 1/2 tsp. Italian seasoning plus salt and pepper, to taste.

Storing: To store this salad, place leftovers in an airtight container in the fridge for up to 4 days.

Prep: This salad holds together well. You may prepare it the day before it's on your menu.

NUTRITION INFORMATION

Serving Size: 1/5 of recipe Calories: 237 Fat: 20g Sodium: 300 mg Carbohydrate: 6 g
(Fiber: 2 g Sugar: 4 g) Protein: 7 g

DIETARY

Egg-Free Gluten-free Grain-Free Nut-free Vegetarian

© The Real Food Dietitians Recipe By: Stacie Hassing

Find it online: <https://therealfooddietitians.com/caprese-zucchini-salad/>

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