

Balsamic Tomato and Mozzarella Salad

4 tbs balsamic vinegar
1 tbs extra virgin olive oil
1 tbs flaxseed oil
½ tsp salt (kosher)
¼ tsp ground black pepper
2 large red bell peppers, halved & seeded
2 large tomatoes, ½” slices
4 oz fresh mozzarella cheese, sliced
1/3 cup fresh basil, julienned

Nutritional Facts:

Calories = 100
Fat= 5g Sat. Fat = 2g
Protein = 5g Carbs = 9g
Fiber = 2g

Instructions:

Preheat broiler. Coat broiler pan/rack with cooking spray.

In a cup, whisk together the vinegar, olive oil, flaxseed oil, garlic, salt, black pepper. Set aside.

Place the halved and seeded peppers, skin side up, on prepared rack. Broil without turning, for 10 – 18 minutes, or until the skins are blackened and blistered in spots. Place the peppers in a paper bag and seal. Let stand for 10 minutes, or until cool enough to handle. Peel the skin from the peppers and discard. Cut the peppers into ½” wide strips.

Arrange the tomato slices on a platter. Scatter the pepper strips on top of tomatoes and place cheese slices over the tomatoes.

Drizzle the dressing over the tomatoes, peppers & cheese. Sprinkle the top with fresh julienned basil.

Let stand for at least 15 minutes to allow flavors to blend.

Source: The South Beach Diet Cookbook