



HIGH FIVE RECIPES

White Bean and Fresh Mozzarella Salad with Basil

Serves 6. Prep time: 10 minutes total.

The High Five

2 15-ounce cans white beans, drained

1 pound fresh mozzarella, cut into bite-sized pieces

1 cup lightly packed fresh basil leaves, torn into pieces

1 ½ cups jarred roasted red peppers, drained and sliced

6 tablespoons prepared balsamic vinaigrette

Preparation

Rinse the beans and drain well. Place in a large bowl.

Add the mozzarella, basil, sliced red peppers and vinaigrette. Toss gently to coat with dressing.

Serve or refrigerate, covered, for up to 4 days.

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Ingredient checklist

PRODUCE

- Basil

GROCERY

- Canned white beans
- Roasted red peppers
- Balsamic vinaigrette

REFRIGERATED/DAIRY

- Fresh mozzarella

Serving suggestion

This heartier version of a traditional Caprese salad is delicious served with sliced baguette that has been toasted and rubbed with olive oil and garlic. Serve a scoop of the salad over a bed of mixed greens or wrap into a tortilla for lunch.

Nutritional information per serving

380 calories	26 g. carbohydrate
18 g. fat	9 g. fiber
60 mg. cholesterol	28 g. protein
180 mg. sodium	

The nutritional values and information provided are approximations.

