

UofL Health Promotion Office Featured Recipe

Use the abundant local veggies from Farmers' Markets to make a luscious and nutrient-dense meal...quickly!

Caprese Salad Salsa!



Ingredients:

4 cups chopped tomatoes
1 cup fresh basil
4 ounces diced fresh mozzarella cheese (optional)
1/2 tablespoon olive oil
1 tablespoon balsamic vinegar
Salt and pepper, to taste
Serve on top of fresh Italian bread

Preparation:

1. Mince the fresh basil and add all ingredients in a bowl.
2. Mix well and add salt and pepper to taste.
3. Serve on top of a fresh slice of Italian bread and enjoy!

More recipes from UofL Health Promotion Office:

www.louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes

Chef Mat's website has more recipes for fresh summer veggies and fruits:

www.junehealthandwellness.com