Lunch, Mediterranean

Chilled Tomato Cucumber Mozzarella Toss

Chunky plum tomatoes and cucumbers are tossed with fresh mozzarella, basil, and a simple balsamic dressing, then chilled so the flavors mingle.



Vegetarian | Gluten free | Nut free

75 min	50	4 g	2 g
time	calories	carbs	sugars

Ingredients, 12 servings

- [ ] 8 plum (Roma) tomatoes (seeded and cut into 1/2 inch chunks)
- [ ] 2 med cucumber(s) (seeded and cut into 1/2 inch chunks)
- [ ] 1/2 small red onion (small dice)
- [ ] 1 tbsp olive oil
- [ ] 3 tbsp balsamic vinegar
- [ ] 1 oz fresh basil ((about 15 leaves), chopped)
- [ ] 1/4 tsp salt (optional)
- [ ] 1/4 tsp black pepper
- [ ] 4 oz fresh mozzarella (cut into small chunks)

Method

- [ ] **1** Halve the plum (Roma) tomatoes and the cucumbers, scrape out the seeds, and cut the flesh into 1/2 inch chunks.
- [ ] **2** Dice the red onion and chop the fresh basil.
- [ ] **3** Cut the fresh mozzarella into small chunks.
- [ ] **4** Tip the plum (Roma) tomatoes, cucumbers, red onion, fresh basil, and fresh mozzarella into a large bowl.
- [ ] **5** Drizzle over the olive oil and balsamic vinegar, then scatter in the black pepper and the salt, if using.
- [ ] **6** Toss everything together until evenly coated.
- [ ] **7** Cover and chill the salad in the refrigerator for 1 hour before serving.

Nutrition Facts

Per serving

Calories	50
Total fat	3 g
Saturated fat	0 g
Sodium	65 mg
Total carbs	4 g
Fiber	1 g
Total sugars	2 g
Protein	2 g

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