

Farm Market



Eat-the-Rainbow Chopped Salad with Basil & Mozzarella

Ingredients:

- ¼ cup white balsamic vinegar
- ¼ cup extra-virgin olive oil
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 2 large carrots, diced
- 1 large yellow bell pepper, diced
- 2 cups chopped kale
- 1 ¼ cups chopped red cabbage
- 1 cup quartered grape tomatoes
- 1 cup mozzarella pearls
- ½ cup thinly sliced fresh basil
- 2 scallions, sliced

Directions:

Whisk vinegar, oil, salt and pepper in a large bowl. Add carrots, bell pepper, kale, cabbage, tomatoes, mozzarella, basil and scallions. Toss to coat.

Nutrition Facts:

Serving Size: 1 cup

140 calories; 10.2 g total fat; 2.8 g saturated fat; 11 mg cholesterol; 276 mg sodium. 256 mg potassium; 7.8 g carbohydrates; 1.5 g fiber; 4 g sugar; 5 g protein; 4045 IU vitamin a iu; 58 mg vitamin c; 29 mcg folate; 146 mg calcium; 1 mg iron; 19 mg magnesium;

Exchanges: 1½ fat, 1 vegetable, ½ medium-fat protein

Recipe from eatingwell.com