

Plum Caprese with White Balsamic Vinaigrette

A Caprese is a simple Italian salad made with fresh mozzarella, tomatoes, and basil, usually drizzled with olive oil and sometimes balsamic vinegar. It's light, fresh, and often served as an appetizer. In this recipe, we're using summer fruit—plums, mint, and a white balsamic vinaigrette—tossed together and served as a salad.



Prep time: 15 minutes

Ingredients:

- 4 ripe plums, pitted and diced
- 1 pint cherry tomatoes, halved
- 1 (8-ounce) container cherry-sized fresh mozzarella balls, drained and each ball halved
- 12 fresh basil leaves, sliced thin
- 8 fresh mint leaves, sliced thin
- ¼ cup (57 milliliters) white balsamic vinegar
- 2 tablespoons (31 milliliters) olive oil
- 2 teaspoons (18 milliliters) honey
- 1 teaspoon Dijon mustard
- ¼ teaspoon kosher salt
- Pinch black pepper

Directions:

1. Place plums, tomatoes, mozzarella, basil and mint in a large mixing bowl.
2. In a separate bowl, whisk together balsamic vinegar, olive oil, honey, Dijon mustard, salt and pepper.
3. Pour vinaigrette over the salad and toss gently to combine.
4. Transfer salad to a serving bowl and enjoy immediately.

Servings: 6 Serving Size: 1 cup (161 grams)

Calories: 224; Total Fat: 16g; Saturated Fat: 7g; Cholesterol: 32mg; Sodium: 154mg; Carbohydrate: 12g; Fiber: 1g; Sugar: 5g; Protein: 9g.

Source: <https://www.eatright.org/recipes/salads/plum-caprese-with-white-balsamic-vinaigrette-recipe>

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