

Peach and Basil Salad with Fresh Mozzarella

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2016/peach-and-basil-salad-with-fresh-mozzarella.html>

Ingredients

- 1 pound peaches, sliced into wedges, then cut crosswise (frozen may be used)
- 8 ounces fresh mozzarella cheese, cut in 3/4 –inch cubes
- 1 cup loosely packed fresh basil, torn into medium pieces
- 2 teaspoons extra virgin olive oil
- 2 teaspoons rice vinegar
- Pinch salt
- Freshly ground black pepper, optional

Instructions

1. In large mixing bowl combine peaches, mozzarella and basil.
2. Drizzle on oil and vinegar, add salt and pepper, if using, and toss gently until evenly coated.
3. Serve immediately or refrigerate up to 4 hours.

Makes 4 servings

Serving size: 1.2 cup

Nutrition information per serving

Calories: 211	Dietary Fiber: 2 g
Total Fat: 12 g	Sodium: 351 mg
Saturated Fat: 6 g	Protein: 15 g
Cholesterol:	Carbohydrates: 13 g