



Featured Recipe:
*Tomato, Basil,
Mozzarella Salad*



INGREDIENTS

2-3/4 oz Fresh, Grape
Tomatoes
1/8 oz Fresh, Chopped, Basil
1-1/4 tbsp Pre-Shredded, Part
Skim, Mozzarella Cheese
1-7/8 tsp Fat Free Italian
Dressing

DIRECTIONS

Wash tomatoes and basil
thoroughly

In a large bowl, combine
tomatoes, basil, cheese, and
Italian dressing

Store in the fridge

**NUTRITIONAL
INFORMATION**

Per 1/2 cup serving:
Calories: 47
Fat: 2 grams
Carbohydrates: 5 grams
Protein: 3 grams

