

Fresh tomato basil mozzarella salad



4 large tomatoes (any variety)
1 cup balsamic vinegar
4 oz. fresh mozzarella, sliced
1/4 of a medium-sized onion

6 fresh basil leaves
1/2 teaspoon fresh cracked pepper
1/2 teaspoon kosher salt
1/2 cup olive oil

Instructions: Wash your hand with soap and water. One hour prior to serving, slice the tomatoes about 1/4" thick. Sprinkle with kosher salt and let sit for 1 hour at room temperature. While waiting for the salt to draw the water from the tomatoes create the balsamic glaze by pouring balsamic vinegar in a small saucepan over low to medium heat, stirring regularly to prevent burning. Add the oil, stirring regularly to prevent burning, until it has reduced to half of its original amount and/or is a syrupy consistency. Slice the basil and onion into thin strips. When ready to serve put the mozzarella, onion, basil, black pepper, balsamic glaze on top of the tomatoes and serve. Refrigerate leftovers.

Yield: 4 servings

Nutrition Facts (per serving): 420 calories, 33 grams fat, 500 milligrams sodium, 20 grams carbohydrate, 2 grams fiber, 9 grams protein