

Caprese Salad

Ingredients

2-3 slices of fresh mozzarella, torn into pieces (I buy the pre-sliced log from Trader Joe's)
1 small Roma tomato, diced (any tomato will work)
1/4-1/2 avocado, diced
3 oz. fresh spinach
3-4 large leaves of fresh basil, torn into pieces
2 oz. prosciutto, torn into pieces (optional)
salt, pepper, and garlic to taste

Dressing options:

1. 2-4 tbsp. balsamic fig dressing from Trader Joe's
2. 1-2 tbsp. avocado oil + 1-2 tbsp. balsamic glaze (from Trader Joe's) or regular balsamic vinegar (might be a slightly "runnier" dressing)
3. 1-2 tbsp. basil-flavored olive oil + 1-2 tbsp. fig-flavored balsamic vinegar (a little thicker than regular balsamic)

Directions

1. Add all ingredients (except spices and dressing) to a large bowl.
2. Sprinkle with salt, pepper, garlic to taste.
3. Drizzle with dressing.
4. Stir to combine.

My notes

Disclaimer: I am not a nutritionist and sharing this recipe does not constitute nutrition advice. Please consult a nutritional practitioner about a nutrition plan that's best for you.