

Mozzarella and Tomato Salad

<u>Code</u>
\$, Q, V, GF, RH



Ingredients Needed:

- 1 medium tomato, cubed
- 1 oz. mozzarella, nonfat, cubed
- 1 cup fresh spinach leaves
- 1 clove garlic, pressed
- 1 tsp. olive oil
- 2 Tbsp. balsamic vinegar
- 2 tsp. sunflower seeds
- ¼ tsp. black pepper

Recipe Directions:

- Combine all ingredients.
- Enjoy!

<u>Nutrition Facts:</u>	
Yield	1 serving
Calories	236
Total Fat	13 g
Sat Fat	1.5 g
Sodium	314 mg
Added Sugar	0 g
Fiber	4 g
Vitamin A	33% DV
Vitamin C	33% DV
Vitamin E	40% DV
Vitamin K	175% DV
Potassium	14% DV
Calcium	34% DV
Iron	11% DV

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