

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Marinated Caprese Salad

From [www.melskitchencafe.com](http://www.melskitchencafe.com)

6-8 ounces fresh mozzarella cheese, diced into bite-size pieces (If you would like to make this dairy-free, you can leave this out.)

4-5 tomatoes, diced

8-10 fresh basil leaves, finely chopped

2 Tbsp red wine vinegar

1/3 cup olive oil

2 cloves garlic, finely minced

1/2 tsp salt

1/4 tsp dry mustard

Generous dash fresh ground black pepper

1. Combine vinegar, garlic, salt, mustard, and pepper in small bowl or blender. Add the oil in a slow, steady stream, whisking or blending until oil is thoroughly emulsified and combined.
2. In a wide, shallow dish, combine the tomatoes, cheese and basil.
3. Pour the dressing over the ingredients and toss to combine.
4. Let the salad marinate covered in the refrigerator for 30 minutes to 3 hours.