

Foodnity Recipes

Light Avocado Caprese Salad

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**Italian** Cuisine	

Ingredients

Main Ingredients

- [ ] 2 ripe avocados, halved and pitted
- [ ] 3 large heirloom tomatoes, sliced
- [ ] 8 oz fresh mozzarella, sliced
- [ ] 1 cup fresh basil leaves, torn
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tbsp lemon juice
- [ ] Sea salt and cracked black pepper to taste

Instructions

1. Well, start by washing the tomatoes and basil. Slice the tomatoes about a quarter-inch thick and set them aside.
2. Cut the mozzarella into similar slices; this keeps the texture even.
3. Halve the avocados, remove the pits, and gently scoop the flesh into a bowl. Drizzle with lemon juice to keep color bright.
4. Arrange the tomato, mozzarella, and avocado slices on a platter, alternating for a colorful pattern.
5. Scatter torn basil leaves over the top, then drizzle olive oil evenly.
6. Finish with a pinch of sea salt and cracked pepper. Let the salad sit for a minute so the flavors mingle, then serve.

Nutrition per serving

260 kcal	9 g	12 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a zestier bite, add a dash of red-pepper flakes.
- For extra crunch, toss in toasted pine nuts just before serving.
- Avoid over-mixing the avocado to keep its creamy pockets intact.