

10 REFRESHING SUMMER SALADS FOR HOT DAYS

PEACH & MOZZARELLA SALAD

INGREDIENTS

- 2 RIPE PEACHES
- 8 OZ FRESH MOZZARELLA
- FRESH BASIL LEAVES
- BALSAMIC GLAZE
- OLIVE OIL
- FRESH CRACKED PEPPER

DIRECTIONS

1. SLICE PEACHES AND MOZZARELLA.
2. ARRANGE ON A SERVING PLATE.
3. ADD BASIL LEAVES.
4. DRIZZLE WITH OLIVE OIL AND BALSAMIC GLAZE.

SIMPLE TIPS

- PERFECT FOR SUMMER ENTERTAINING.
- FRESH BASIL MAKES ALL THE DIFFERENCE.

NUTRITION INFORMATION

MAKES: 4 SERVINGS **SERVING SIZE: 1 PLATE**
PER SERVING (APPROX.)

CALORIES: 220

PROTEIN: 10G

CARBS: 14G

FAT: 14G

FIBER: 2G

SUGAR: 11G

SODIUM: 250MG

 RECIPE INFO

PREP: 10 MIN


COOK: NONE

TOTAL: 10 MIN

 **STORAGE**

SERVE IMMEDIATELY.

BEST ENJOYED FRESH.

 PAIRS WELL WITH

- GRILLED CHICKEN
- WHITE FISH
- SPARKLING FRUIT WATER

 **SIMPLE LIFE TIP**

CHOOSE RIPE PEACHES FOR THE SWEETEST FLAVOR.

SERVING SUGGESTIONS


THESE REFRESHING SALADS ARE PERFECT FOR SUMMER COOKOUTS, FAMILY DINNERS, MEAL PREP, PICNICS, OR A LIGHT LUNCH. MOST SALADS TASTE EVEN BETTER AFTER CHILLING FOR 30 MINUTES, ALLOWING THE FLAVORS TO BLEND TOGETHER.

FOR A COMPLETE MEAL, PAIR WITH GRILLED CHICKEN, ROAST BEEF, TURKEY, OR ONE OF OUR REFRESHING FRUIT-INFUSED WATERS.

 **SIMPLE LIFE TIP**

SIMPLE MEALS DON'T HAVE TO BE COMPLICATED.

PREPARING FRESH SALADS AHEAD OF TIME CAN MAKE HEALTHY EATING EASIER DURING BUSY WEEKS OR ON DAYS WHEN ENERGY IS LIMITED. KEEP CHOPPED VEGETABLES AND COOKED PROTEINS READY TO MIX AND ENJOY THROUGHOUT THE WEEK.

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