



Cooking
in the
Kitchen
at Olums

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*Cooking Delicious Recipes
that are Easy & Nutritious!*
Olums.com

Winter Caprese Salad with Lemon Basil-Chia Dressing

Serves 4

Ingredients:

1 (8.8-ounce) package cooked beets, sliced
3 medium heirloom tomatoes, sliced
1 (8-ounce) package fresh mozzarella, sliced
½ cup fresh basil leaves
½ cup balsamic vinegar
sea salt

Lemon Basil-Chia Dressing:

¼ cup olive oil
2 Tbsp. fresh lemon juice
¼ cup fresh basil leaves
1 tsp. garlic, minced
1 Tbsp. chia seeds
Salt and pepper

Directions:

1. In a small saucepan or skillet heat the balsamic vinegar over medium-high heat. Bring to a boil then reduce the heat and simmer for 8-10 minutes, stirring occasionally, until it has reduced. Then let it cool and it will continue to thicken as it cools.
2. In a small blender combine the olive oil, lemon juice, basil leaves, and garlic. Pulse until smooth. Then stir in the chia seeds and season with salt and pepper.
3. Prepare the salad by layering the tomato, beet, and mozzarella slices. Then top with the prepared dressing and fresh basil leaves. Finish with the balsamic reduction and sprinkle with sea salt. Serve.

Note – you can prepare the dressing and balsamic reduction ahead, but wait to assemble the salad until just before serving.

Recipe is from Molly Morgan's Book – *Skinny-Size It* (Harlequin Non-Fiction 2014)

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