SHOPPING LIST

Caprese Salad

- [ ] Beefsteak Tomatoes
- [ ] Fresh Mozzarella
- [ ] Extra-Virgin Olive Oil
- [ ] Balsamic Vinegar
- [ ] Salt and Pepper
- [ ] Fresh Basil Leaves

First, check off the items you already have at home.

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Lunch Labbers Present

SIDE DISHES

PBS KIDS GO!

FIZZY'S LUNCH LAB

Caprese Salad

VEGETARIAN	TIME	DIFFICULTY	SERVES
V		E	4
YES	Under 30 min.	Easy	

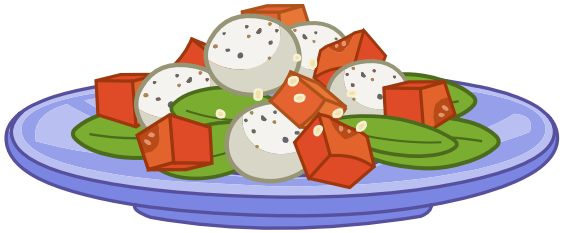
YOU WILL NEED

- **2** medium ripe beefsteak tomatoes, cored and sliced thin
- **2** large (3-inch) balls fresh mozzarella, sliced thin
- **2 tablespoons** extra-virgin olive oil
- **1 tablespoon** balsamic vinegar
- salt and pepper
- **12** fresh basil leaves, torn in half

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

STEP 1: Layer the slices of tomato and mozzarella on a large platter. Drizzle with the oil and balsamic vinegar, and season with 1/4 teaspoon of salt and 1/4 teaspoon of pepper. Scatter the basil on top, and serve.



Nutrition Facts

Serving Size 1 serving (160g)
Servings Per Container

Amount Per Serving	
Calories 240	Calories from Fat 180
	% Daily Value*
Total Fat 20g	**31%**
Saturated Fat 9g	**45%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 160mg	**7%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 1g	**4%**
Sugars 3g	
Protein 10g	

Vitamin A 15% • Vitamin C 20%
Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4