

Tomato Salad with Herbed Ricotta and Balsamic Vinaigrette

Hands-on Time

13 Mins

Total Time

13 Mins

Yield

Serves 4 (serving size: about 1/2 cup salad)

By DEBORAH MADISON June 2016

COOKING LIGHT

Sliced heirloom tomatoes are wow-worthy on their own--a simple vinaigrette and dollops of basil-flecked ricotta take them over the top. Serve with toasted baguette slices to sop up any tomato juices.

Ingredients

1 1/2 tablespoons extra-virgin olive oil

1 tablespoon balsamic vinegar

3/8 teaspoon kosher salt, divided

3/4 teaspoon freshly ground black pepper, divided

2 garlic cloves, minced

1/3 cup part-skim ricotta cheese

2 tablespoons minced fresh basil

2 pounds heirloom tomatoes, cut crosswise into 1/2-inch slices

1/4 cup torn fresh basil leaves

How to Make It

Combine oil, vinegar, 1/4 teaspoon salt, 1/4 teaspoon pepper, and garlic in a bowl, stirring with a whisk. Combine ricotta and 2 tablespoons minced basil in a bowl, stirring with a whisk. Arrange tomato slices on a platter; sprinkle with remaining 1/8 teaspoon salt, remaining 1/2 teaspoon pepper, and 1/4 cup torn basil leaves. Drizzle oil mixture over salad. Dollop ricotta mixture evenly over tomato slices.

Nutritional Information

- Calories 122, • Fat 7.2g, • Satfat 1.8g,
- Monofat 4.3g, • Polyfat 0.8g,
- Protein 5g, • Carbohydrate 11g,
- Fiber 3g, • Cholesterol 6mg,
- Iron 1mg, • Sodium 219mg,
- Calcium 91mg, • Sugars 7g,