

ROASTED BELL PEPPER SALAD WITH MOZZARELLA & BASIL

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Sweet peppers like red, orange and yellow bells stand in for tomatoes in this caprese-style salad and pair deliciously with the fresh mozzarella and acidic balsamic drizzle. Try green bell peppers if you prefer less sweetness. This easy, healthy recipe takes just 20 minutes to make.

Total: 20 mins | Active: 20 mins



NUTRITION PROFILE

Low-Calorie Low Carbohydrate Egg Free
Gluten-Free Vegetarian Nut-Free Soy-Free
Low Added Sugars

INGREDIENTS

- 4 medium sweet bell peppers, quartered and seeded
- 4 ounces fresh mozzarella, torn
- 3 tablespoons torn fresh basil leaves
- 1 ½ tablespoons extra-virgin olive oil
- 1 tablespoon balsamic glaze
- ½ teaspoon flaky sea salt
- ¼ teaspoon ground pepper

DIRECTIONS

STEP 1

Preheat broiler to high.

STEP 2

Broil peppers, turning once, until soft and charred in spots, about 10 minutes.

STEP 3

Arrange the peppers on a serving platter and top with mozzarella, basil, oil, balsamic glaze, salt and pepper.

NUTRITION FACTS

Per serving: 166 calories; total carbohydrate 9g; dietary fiber 1g; total sugars 5g; protein 6g; total fat 13g; saturated fat 5g; cholesterol 7mg; vitamin a 543iu; vitamin c 219mg; folate 32mcg; sodium 308mg; calcium 117mg; iron 1mg; magnesium 16mg; potassium 259mg



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