

James Tsai's, MD, MBA

Mozzarella, Tomato, Avocado, Pesto Salad

Servings per recipe: 6

Calories per serving: 264

Cost per serving: \$3.36

Ingredients

1 lb cherry tomatoes, halved

2 avocados, diced

1 cucumber, sliced

1/3 cup red onion, diced

8 ounces small fresh mozzarella cheese balls

Pesto

2 cups fresh basil

½ cup parmesan

½ cup extra virgin olive oil

1/3 cup pine nuts

3 garlic cloves, minced

Dressing

¼ cup basil pesto

1 tbsp lemon juice

Salt and pepper to taste



Preparation

In a large bowl, combine halved cherry or grape tomatoes, diced avocado, sliced cucumber, diced red onion, and small fresh mozzarella cheese balls.

For the pesto, pulse the basil and pine nuts in a food processor. Add the parmesan cheese and garlic cloves and pulse several more times. While the food processor is going, slowly add the olive oil until emulsified.

Add the basil pesto and lemon juice to the salad and toss to combine. Season with salt and pepper and additional basil to taste.

*Recipe originally taken from juliasalbum.com