



RECIPES

Toasted pine nuts, fresh tomatoes and cool cucumber are combined in a refreshing salad bursting with flavor.

TOMATO CUCUMBER SALAD

Salad:

- 1 pint grape or cherry tomatoes, halved lengthwise
- 1 cucumber, peeled, seeded and diced
- 1/2 cup Fisher Culinary Touch Toasted Pine Nuts
- 1/2 container (4 ounces) fresh Perlini® mozzarella cheese, drained
- 2 tablespoons thinly sliced fresh basil leaves

Dressing:

- 2 tablespoons balsamic vinegar
- 1/2 teaspoon Italian seasoning
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/4 cup extra-virgin olive oil

For dressing: In small bowl whisk vinegar, Italian seasoning, salt and pepper. Gradually whisk in oil, mixing until well blended; set aside.

For salad: In serving bowl combine tomatoes, cucumber, pine nuts, mozzarella and basil. Drizzle dressing over salad mixture; toss to coat. Serve immediately.

Yield: 4 servings

Nutrition information per serving (about 1 cup): 360 Calories, 32 g Total Fat, 6 g Saturated Fat, 0 g Trans Fat, 15 mg Cholesterol, 300 mg Sodium, 9 g Carbohydrate, 2 g Dietary Fiber, 5 g Sugars, 11 g Protein

Nutty Idea: If desired, omit Italian seasoning and substitute pine nuts with Fisher Culinary Touch Italian Blend.