

Nectarine Caprese Salad

Ingredients:

- 4 cups arugula
- 2 nectarines
- 1 ball fresh mozzarella
- 1/2 cup fresh basil
- 3 Tbs extra virgin olive oil
- 2 Tbs balsamic vinegar
- 1/4 cup hazelnuts, roughly chopped



Makes 2 large or 4 small servings.

Tip: Choose freestone nectarines for an easier time separating from the pit.

A refreshing take on Caprese salad substituting ripe nectarines for tomatoes. July's stone fruit season is short, yet abundant. Balance the sweetness of ripe nectarines with protein from fresh mozzarella and hazelnuts and acid from the balsamic vinegar. Perfect for a potluck picnic at the park.

Directions:

1. Spread arugula and basil on serving platter.
2. Cut nectarines and mozzarella into similar sized wedges.
3. Arrange nectarine and cheese in alternating pattern on platter.
4. Drizzle platter with olive oil and balsamic vinegar.
5. Sprinkle hazelnuts over platter.



Amber Phillips, MS, RD
Registered Dietitian