



BROCCOLINI® baby broccoli & Sugar Snap Pea Caprese Salad

Servings

8

Calories

170

Prep Time

10 minutes

Total Time

15 minutes

Skill Level

Easy

Ingredients

1 bunch Mann's BROCCOLINI® baby broccoli (about 9 stalks)

1 (8 ounce) bag Mann's Stringless Sugar Snap Peas, cut into halves

½ cup of mixed cherry tomatoes, cut into halves

6 fresh basil leaves, chopped

8 ounces mozzarella cheese, ciliengine "cherry size"

4 tablespoons balsamic vinegar

3 tablespoons extra virgin olive oil

Salt and pepper, to taste



The Method

Blanch Mann's BROCCOLINI® baby broccoli by putting it into a large saucepan of boiling water for 30 seconds. Remove BROCCOLINI® baby broccoli and plunge into a large bowl of ice water to stop the cooking process. Strain and pat dry with paper towels.

Cut BROCCOLINI® baby broccoli into bite size pieces and place into large bowl. Combine Mann's Sugar Snap Peas, tomatoes, basil, mozzarella cheese, balsamic vinegar, olive oil and salt and pepper, to taste.

Gently toss all the ingredients and serve.

Nutrition Facts

Serving Size 106g | Servings: 8

Amount Per Serving

Calories 160 | Total Fat 11g (sat fat 4.5g trans 0g) | Cholesterol 15mg | Sodium 200mg | Total Carbohydrate 5g | Dietary Fiber 1g | Sugars 2g (Includes 0g Added Sugars) | Protein 8g | Vitamin D 0% | Calcium 15% | Iron 0% | Potassium 2%