



## *Herbed Tomato and Mozzarella Cheese Salad*

Makes 16 ½ cup servings

4 large tomatoes, chopped  
1 Spanish onion, chopped  
1 small cucumber, pared, chopped  
2 green bell peppers, chopped  
24 mushrooms, quartered  
24 kalamata olives  
1 cup mozzarella cheese  
½ cup olive oil  
2 tbsp lemon juice  
2 tbsp raspberry vinegar  
1 tbsp oregano leaves  
Salt and Pepper to taste

In a large mixing bowl, combine the vegetables, olives, and cheese.

In a small mixing bowl, blend together the remaining ingredients. Pour over salad, toss to coat. Serve at once.

### **Nutrient Analysis for 16 servings**

Serving Size: ½ cup salad	
Calories	108
Protein	2.75 g
Carbohydrate	6 g
Total Fat	8 g
Saturated Fat	1 g
Monounsaturated Fat	6 g
Cholesterol	114.5 mg
Sodium	300 mg
Fiber	1 g
Potassium	273 mg
Calcium	64 mg

### **Diabetic Exchanges**

Protein	0.25
Fat	1.5
Carbohydrates	.5