

Marion's Italian

C A P R E S E S A L A D

CAN I TWEAK THIS FOR MY TYPE?

This recipe is really great for all five Hauser Diets. Giraffes should reduce the cheese and go easy on the olive oil drizzle, where Lions can drizzle away to their hearts' content!

INGREDIENTS:

Arugula, fresh, washed	2-4 Tbsp fresh Pecorino Romano cheese, grated finely
2 large ripe beef steak tomatoes	Fresh Italian Extra Virgin olive oil
1 large ball of Italian fresh buffalo mozzarella cheese in water	Kosher salt
2-4 Tbsp fresh basil, chopped	

WHAT TO DO:

1. Lay arugula over a platter/plate.
2. Slice tomatoes in circles, about 1/8 to 1/4 inch thick and arrange on a platter/plate on top of arugula.
3. Sprinkle with Kosher salt.
4. Slice fresh mozzarella cheese 1/8 to 1/4 inch thick and arrange on top of tomatoes.
5. Sprinkle with fresh chopped basil and shredded cheese.
6. Drizzle with Italian EV olive oil over all. Sprinkle with additional salt to taste.
7. Serve immediately.