

# EAT-THE-RAINBOW CHOPPED SALAD *with* BASIL & MOZZARELLA

## INGREDIENTS

### Dressing:

1/4 cup balsamic vinegar  
1/4 cup extra-virgin olive oil  
1/2 teaspoon salt  
1/4 teaspoon ground pepper

### Salad:

2 large carrots, diced  
1 large yellow bell pepper, diced  
2 cups chopped kale  
1 1/4 cups chopped red cabbage  
1 cup quartered grape tomatoes  
1 cup mozzarella pearls  
1/2 cup thinly sliced fresh basil  
2 scallions, sliced



## DIRECTIONS

1. Whisk vinegar, oil, salt and pepper in a large bowl.
2. Add carrots, bell pepper, kale, cabbage, tomatoes, mozzarella, basil and scallions.
3. Toss to coat.

## VARIATIONS & TIPS

- Be creative with other colorful vegetables that you might find in season or that you already have on hand.

## NUTRITION FACTS

140 Calories; Carbohydrates: 8g; Fiber: 2g; Sugars: 4g; Protein: 5g;  
Total Fat: 10g; Sodium: 276mg; Cholesterol: 11mg

**YIELD:** 8 servings, 1 cup per serving

**SOURCE:** [eatingwell.com](http://eatingwell.com)