

Long Livo

Easy Cucumber Caprese Salad

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**Italian** Cuisine	**Salad** Course

Ingredients

Salad Base

- [ ] 2 large cucumbers, thinly sliced
- [ ] 3 ripe tomatoes, sliced or wedged
- [ ] 8 oz fresh mozzarella, sliced
- [ ] 1/2 cup fresh basil leaves, torn
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tbsp balsamic glaze
- [ ] Sea salt to taste
- [ ] Freshly cracked black pepper

Instructions

1. Wash and dry all produce; slice cucumbers on a bias for lengthier ribbons.
2. Arrange cucumber slices on a serving platter, overlapping them slightly.
3. Layer tomato slices and mozzarella over the cucumbers, alternating for visual appeal.
4. Scatter torn basil leaves across the top, then drizzle olive oil and balsamic glaze evenly.
5. Finish with a pinch of sea salt and cracked pepper; serve immediately.

Nutrition per serving

210 kcal	8 g	9 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the cucumbers are very watery, sprinkle with a little salt and let sit for 5 minutes, then pat dry.
- For a sweeter note, add a drizzle of honey or a few thin slices of ripe peach.
- Refer to cucumber salad for extra inspiration.