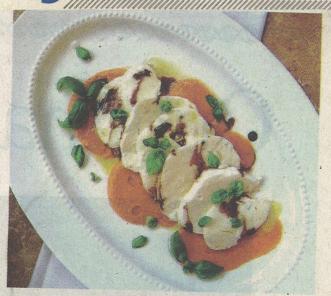
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SECTION H

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Tomato and mozzarella. MICHELLE DUDASH

A fresh new take on Caprese salad

I taly, take me back. I dream of the day I'll return to dine on oodles of fresh pasta, sipping wine on a veranda overlooking rolling fields of vineyards.

neyards.
Years ago in
scany, my

Tuscany, my
husband and I ventured
to the little town of Lucca
to participate in a private
hands-on cooking class
with chef Paolo Monti at
Hotel Carignano. Chef
taught us how to prepare
dishes including Insalata
di Arance e Gamberetti
(orange and shrimp salad), Risotto ai Gamberetti, Rucola e Zafferano
(seafood risotto with
shrimp and saffron),
Farfalle alla Fonduta
Piccante di Pomodoro e



MICHELLE DUDASH

Mozzarella (butterfly pasta with creamy mozzarella tomato sauce) and Mozzarella Fresca al Frullato di Pomodoro (fresh mozzarella with raw tomato sauce).

HEALTHY DISH This recipe
offers a new spin
on the popular flavors of
Lucca
rivate
ass
thi at sweetness and juiciness.
If you have leftover coulis, you can do what I do
and sip it like a smoothie, it's so light and refreshing.

Michelle Dudash of Gilbert is a registered dietitian and Le Cordon Bleu-trained chef. Contact her at michelledudash.com.

Fresh Mozzarella With Tomato Coulis and Basil

From Michelle Dudash

For the coulis:

2 medium tomatoes (red, yellow or orange), quartered

1 medium scallion, cut into fourths
1 celery-stick heart, without

leaves, cut into chunks

1 tablespoon white-wine vinegar

2 pinches salt

1 pinch raw sugar

3 tablespoons good-quality extra-virgin olive oil

For the salad: 9-ounce ball of fresh mozzarella, sliced into medallions

2 tablespoons good-quality extra-virgin olive oil 1 teaspoon balsamic syrup

(optional)
Tiny basil leaves

Flaked sea salt

To make coulis, puree the tomatoes, scallion, celery, vinegar, salt and sugar in a food processor, drizzling in oil to create a smooth sauce. Spoon the coulis onto a large platter or individual plates.

To assemble salad, arrange the mozzarella over the coulis and drizzle with olive oil and balsamic syrup (optional). Sprinkle with basil and flaked salt.

Makes 4 servings.

Approximate values per serving: 325 calories, 28 g fat, 445 mg sodium, 50 mg cholesterol, 5 g carbohydrate (1 g fiber), 15 g protein, 78 percent calories from fat.