



Tomato and mozzarella. MICHELLE DUDASH

A fresh new take on Caprese salad

Italy, 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.

Years ago in 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
HEALTHY DISH

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

This recipe offers a new spin on the popular flavors of Caprese salad. Enjoy tomatoes now while they're at their peak in 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.

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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.