

## 5 A Day Recipes

### Salads

#### Layered Italian Salad with Basil Vinaigrette

**Serves 4**

Salad:

- 4 Roma tomatoes, thinly sliced
- 1 green zucchini, thinly sliced
- 2 yellow zucchini, thinly sliced
- Salt and pepper to taste

Basil Vinaigrette or Non-Fat Basil Vinegar:

- ½ cup balsamic vinegar
- ½ tablespoon olive oil OR none
- 8 fresh basil leaves, finely chopped, OR 2 teaspoons dried basil

On a serving plate, layer alternate slices of tomato, yellow zucchini, and green zucchini in a stairway pattern so all vegetables show. Mix dressing ingredients and add to vegetables. Add salt and pepper to taste. This is an official 5 a Day recipe and provides each person served with about two servings of vegetables.

#### **Nutritional Analysis**

Calories: 66  
Fat: 2 g  
Cholesterol: 0 mg  
Fiber: 3 g  
Sodium: 16 mg  
% Calories from Fat: