

Tomato Basil Bocconcini Salad







Recipe Rating	
Total Time	15 Minutes
Cooking Time	None
Total Labour	15 Minutes
Knife Skills	Basic

Equipment
Chef's knife/Peeler/Cutting Board
Spoon/Spatula
Mixing Bowl or Pan

Nutrition Facts	
Valeur nutritive	
Per 1 serv (95g) / par 1 serv (95g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories	45
Fat / Lipides 3g	4%
Saturated / satures 1g	
+ Trans / trans 0g	4%
Cholesterol / Cholesterol	< 5mg
Sodium / Sodium 50mg	2%
Carbohydrate / Glucides 4g	1%
Fibre / Fibres 1g	5%
Sugars / Sucres 3g	
Protein / Proteines	2g
Vitamin A / Vitamine A	
Vitamin C / Vitamine C	20%
Calcium / Calcium	4%
Iron / Fer	2%

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	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Roma Tomatoes, Fresh, Diced	2 Kg	4.4 Lbs	4 Kg	8.8 Lbs
Onions, Fresh, Diced	200 gm	7.1 oz	400 gm	14.2 oz
Bocconcini Cheese Pearls, small	100 gm	3.5 oz	200 gm	7 oz
Basil, Fresh, Thin Sliced	15 gm	½ oz	30 gm	1 oz
Oregano, Dried	15 mL	1 Tbsp	30 mL	1 fl oz
Olive Oil, Extra Virgin	45 mL	3 Tbsp	90 mL	3 fl oz
Balsamic Vinegar	15 mL	1 Tbsp	30 mL	2 Tbsp
Salt	5 mL	1 tsp	10 mL	2 tsp
Black Pepper	2.5 mL	½ tsp	5 mL	1 tsp

Method	
	<p>1. Wash Roma tomatoes and basil leaves. Peel onions. Diced Roma tomatoes and onions. Thinly slice basil leaves.</p>
	<p>2. In a large bowl, combine Roma tomatoes, onions, basil and oregano. Blend gently with a spatula.</p>
	<p>3. Add the remaining ingredients and continue to blend. Refrigerate prior to service.</p> <p>Serve Cold.</p>
	<p>4. Bulk: Portion into service dishes or leave in bulk for dining room service.</p> <p>Cold Plating: plate alone or as a side dish. Place on the cold side of the tray prior to service.</p>
<p>Garnish: Thinly sliced Basil leaves</p>	
<p>Food Accompany: Any appropriate protein</p>	