

# **Tomato Basil Concasse**

## **Author: Medifast**

**Prep Time:** 15 mins

### **Ingredients**

1/2 cup tomato, seeded and chopped  
2 teaspoons extra virgin olive oil  
1 teaspoon red wine vinegar  
1/3 cup basil leaves, chopped  
1 cup spinach  
3/4 cup low-fat mozzarella cheese

### **Method**

Combine the tomatoes, oil, vinegar, basil and salt and pepper to taste.  
Add to spinach and mix with cheese.

### **Nutrition Info.**

Cal 370 | Fat 24g | Chol 45mg | Carb 12g | Pro 27g

This recipe makes 1 serving.