

Tomato and Burrata Salad



Fresh, colourful and elegant, this salad highlights the sweetness of ripe tomatoes and the creaminess of burrata. Our dietitians like to suggest it as a summer appetizer, as a snack or as a light meal, served with a good crusty bread. It also pairs wonderfully with one of our [Essential BBQ recipes](#).

Preparation 15 min

Cooking 0 min

Servings 4

Nutrition Facts (per serving)

Calories 270

Fat 19

Carbohydrates 11

Fibre 2

Protein 13

Sodium 170

Ingredients

- 30 ml (2 tbsp) olive oil
- 10 ml (2 tsp) lemon juice
- 1 garlic clove, finely chopped
- 6 to 8 fresh basil leaves, chopped
- 1 L (4 cups) arugula, well rinsed

vedges

- 1 ball burrata cheese (about 250 g)
- 10 ml (2 tsp) balsamic reduction
- 10 ml (2 tsp) camelina seeds (optional)
- A pinch of salt

Preparation

1. In a small bowl, combine the olive oil, lemon juice, chopped garlic and chopped basil. Set aside.
2. Divide the arugula among a large serving platter and arrange the tomato slices on top.
3. Place the ball of burrata in the centre.
4. Drizzle the salad evenly with the garlic and basil oil mixture, then add the balsamic reduction in a drizzle.
5. Sprinkle with camelina seeds and a pinch of salt, then serve immediately.

Notes

Keeps for 3 days in the refrigerator in an airtight container.



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