



Tomato Mozzarella and Roasted Asparagus

INGREDIENTS

- ☑ 1 large heirloom or garden tomato, sliced
- ☑ 4-6 oz fresh mozzarella, sliced (or vegan substitute)
- ☑ 1 Tbsp olive oil
- ☑ 1 Tbsp balsamic glaze
- ☑ Handful fresh basil leaves
- ☑ Salt and pepper to taste
- ☑ **Roasted Asparagus Ingredients**
- ☑ 1 bunch asparagus
- ☑ 1-2 Tbsp olive oil
- ☑ Salt and pepper to taste

PREPARATION

1 Alternate slices of tomato, mozzarella, and basil on plate or plater. Drizzle with oil and glaze and season to taste with salt and pepper. Serve and Enjoy.

2 Roasted Asparagus Direction:

3 Preheat oven to 400 degrees. Trim about 1.5 inches off of asparagus ends so all you see is green. Arrange in a single layer on a parchment paper lined cooking sheet. Drizzle with oil and season to taste. Place in oven for about 10 minutes (or more if desired). Enjoy!!

Have you ever heard how to K.I.S.S. in the kitchen? For me, it stands for: Keep It Simple with Sides! (You may have heard it as: Keep It Simple Stupid, but I like my version better! 😊). Yes, college breaks and the holidays are upon us. Even though

times are different this year, we still have to feed everyone! I love making a meal fun and different by switching up side dishes, but keeping it easy. Here are two that are easy AND good for the immune system, which we all need right now!

I decided to make this tomato mozzarella side recently when I had a bunch of amazing large tomatoes from the farmer's market. If you are #vegan feel free to swap out the mozzarella for vegan cheese or even tofu. Note that tomatoes are a good source of #lycopene , an antioxidant that's great for the skin. Basil is a good source of Vitamin K. It has antioxidant, anti-inflammatory, antibacterial and antimicrobial properties. It can also reduce stress and depression and improve digestion. So....I think we could all benefit from a little extra fresh basil 🌿 these days!

My roasted asparagus is a staple side for weeknight dinners AND my (past years) 25-person Thanksgiving. It is high in Vitamin K, has antioxidant and anti-inflammatory properties, is a natural diuretic, a good source of fiber and prebiotic for digestion. It's rich in glutathione for immunity too.

These two sides could make meal when served together. Think: leftovers for lunch!!

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