

Red, White, and Blue Summer Salad



Recipe will be featured at **Cookin' Up the Blues** with Claudann Jones and Mary Olle at the Texas Blueberry Festival presented by Tipton Ford, Saturday June 12, 2021

Cooking demonstration and fun blueberry cooking facts!
10 a.m. on the CBTx Stage inside Commercial Bank of Texas

Ingredients

- 2/3 cup extra virgin olive oil
- 1/2 cup julienned fresh basil
- 1/3 cup white balsamic vinegar
- 1/4 cup julienned fresh mint leaves
- 2 garlic cloves, minced
- 2 teaspoons Dijon mustard
- 1 teaspoon sea salt
- 1 teaspoon sugar
- 1 teaspoon pepper
- 2 cups cherry tomatoes
- 8 cups fresh arugula
- 1 carton (8 ounces) fresh mozzarella cheese pearls, drained
- 2 medium peaches, sliced
- 2 cups fresh blueberries
- 6 ounces thinly sliced prosciutto, julienned
- Additional mint leaves

Directions

- In a small bowl, whisk the first 9 ingredients. Add tomatoes; let stand while preparing salad.
- In a large bowl, combine arugula, mozzarella, peach slices, blueberries and prosciutto. Pour tomato mixture over top; toss to coat. Garnish with additional mint leaves. Serve immediately.

Nutrition Facts

1 cup: 233 calories, 18g fat (5g saturated fat), 27mg cholesterol, 486mg sodium, 10g carbohydrate (8g sugars, 2g fiber), 8g protein.