

### Asparagus Caprese Sandwich



Makes 4 servings

Preparation: 15 min. Cook approx. 5 min.

#### Ingredients:

- 1 tomato
- 2 slices Mozzarella skim cheese
- 20 asparagus stalks
- 4 T fresh basil
- ½ T olive oil
- 2 T balsamic vinegar
- Pepper for taste

#### Directions:

On low-medium heat, sauté the asparagus and olive oil approx. 5 min. Remove from heat.

Slice the tomato in centimeter thick slices.

Layer the tomato, mozzarella, basil, & asparagus. Drizzle with the balsamic vinegar. Sprinkle with pepper.

Cut & enjoy!

Nutrients: 84.7 calories, 5.8g protein, 6.8g carbohydrates, 4.25g fat