

# Heirloom Tomato Insalata Caprese

## Ingredients

2-3 heirloom tomatoes (varying colours/varieties)  
Fresh Basil (Italian large leaf, red, thai)  
3-4 cloves of garlic, pressed  
Balsamic vinegar (optional)  
Hard cheese, sliced (hard goats cheese, brick cheese, thinly sliced parmesan)  
(Traditionally use bocconcini)  
pinch of salt (optional)

## Directions

1. Using a sharp blade, slice  $\frac{1}{4}$  inch or larger segments in your ripe heirloom tomato. Slice the tomato so that there is at least a  $\frac{1}{4}$  inch on the bottom not sliced so the tomato holds its shape
2. Place tomatoes in a deep glass dish
3. Stuff each sliced section of tomato with 1-2 basil leaves and choice of cheese. Traditionally bocconcini is used but for those following an SCD diet or lactose-free diets I would recommend a hard goats cheese or another hard brick cheese you prefer. The cheese should have a mild flavor to not overwhelm the tomato
4. Once stuffed, mix together in a glass measuring cup, a few good glugs of olive oil ( $\frac{1}{4}$  cup) and about 2 Tbsp balsamic vinegar. For those on the SCD, omit the balsamic all together unless well tolerated.
5. Add your pressed garlic into this mixture and stir well. If your taste buds prefer, add a pinch of salt to your oil mix.
6. Slowly pour olive oil mix over your heirloom tomatoes, ensuring to get some into every slice.
7. Cover with plastic wrap and allow to marinate in the fridge for about 30-minutes before serving.
8. To serve, place tomatoes on serving plate and using left over oil from your glass dish, once again cover your tomatoes, ensuring they are well-oiled.
9. Enjoy!