

Caprese Skewers

Yield: 4 servings of a perfect size snack for kids or accompaniment to lunch

Prep time: 10 minutes

Source: Gigi is Cooking

1 pt. cherry tomatoes

1/2 cup basil leaves

1 cup small mozzarella balls (bocconcini, bite-sized)

Salt and to taste

1-box toothpicks

Drain the mozzarella balls and salt them lightly.

First string a tomato on the toothpick, then a piece of basil then another cheese ball then another tomato. Makes a perfect size snack for kids or accompaniment to lunch. Adults can eat more than 1!

Alternate 2 tomatoes and 1 cheese per toothpick or 2 cheeses and 1 tomato, w/ as much basil as desired.

Nutritional facts per serving (daily value): Calories 10kcal; Protein 1g (1%); Total Fat 0g (0%)(Sat. 0g (0%)); Chol. 0mg (0%); Carb. 2g (1%); Fiber 1g (3%); Sugars 1g; Calcium 10mg (1%); Iron 0mg (1%)
