

## Red & White Walk-Arounds: Tomato, Basil & Mozzarella Bites

A great way to serve tomato mozzarella salad in an easy- to-serve way. Perfect for your next dinner party as a healthy appetizer or make them up for a mid-afternoon snack on the weekend (make sure to share and watch portion sizes!)

Tomatoes are packed full of vitamins, including vitamins A, C & E. They also contain flavonoids (natural anti-inflammatories), potassium and lycopene. Lycopene is a powerful anti-oxidant which has been known to prevent prostate cancer, breast cancer, stomach cancer and age-related macular degeneration.

### Ingredients:

- 20 grape or cherry tomatoes, halved
- 20 fresh basil leaves
- 20 small bocconcini cheese balls (or pieces of fresh mozzarella cut into bite-sized pieces (should be roughly 3.5oz of cheese)
- ½ cup balsamic vinegar
- ¼ cup extra-virgin olive oil
- 20 toothpicks
- Salt & pepper to taste



### Preparation:

1. Using a toothpick, spear a half of a tomato, a piece of basil, a mozzarella ball, and another half of a tomato. Repeat with remaining ingredients.
2. Place on a serving dish and sprinkle with salt & pepper. Mix the vinegar and oil together in a small bowl to serve as a dipping sauce. Alternatively, you could mix the dressing first and allow the mozzarella to sit in the dressing to marinate for 20-30 minutes before preparing the skewers. Makes 20 skewers, 2 skewers per serving.

### **Nutritional Information (per 2 skewers):**

Calories: 85	Total Fat: 7g
Sat. Fat: 2g	Carbohydrates: 3g
Fiber: <1g	Protein: 2g

### **What is Bocconcini?**

Bocconcini are small mozzarella cheeses the size of an egg (in this recipe, they should be the size of a grape). They are semi-soft, white and rindless, unripened mild cheeses which originated in Naples and were once made only from the milk of water buffaloes. You can find them in the specialty cheese section of your local grocery store.

Sources: [www.allrecipes.com](http://www.allrecipes.com), [www.sparkpeople.com](http://www.sparkpeople.com), [www.wikipedia.org](http://www.wikipedia.org)