



STICK'EM UP CAPRESE SALAD



INGREDIENTS

Makes 15 servings

- Cherry tomatoes (2 pint)
- 1 LB Fresh mozzarella
- Fresh basil leaves (a handful)
- Olive oil (2 tablespoons)
- Balsamic glaze (for drizzling)
- Salt and pepper to taste
- Toothpicks or small skewers

Nutrition Tip

When creating a dish, try to always have at least three colors on your plate! More colors equals more nutrients!

INSTRUCTIONS

Preparation

- Wash the cherry tomatoes and basil leaves.
- Halve the cherry tomatoes.
- Cut the Mozzarella into small pieces, around the size of a quarter.

Assembly

- Thread a cherry tomato, a piece of mozzarella, and a basil leaf onto each toothpick or small skewer.
- Repeat until all ingredients are used, making approximately 15 skewers.

Seasoning and Serving

- Arrange 1 skewer on each plate.
- Drizzle with balsamic glaze.
- Sprinkle with salt and pepper to taste.

ENJOY!!!

