

# Caprese Kabobs

This easy appetizer is perfect for summer and uses garden fresh ingredients. These kabobs are packed with flavor and low in carbohydrates. They also look beautiful on a serving platter and are sure to impress guests!

This Recipe Serves 18

## Ingredients

18 bamboo mini forks or small skewers  
18 grape tomatoes  
18 small basil leaves, folded in half  
18 fresh mozzarella balls (1/4 ounce each)

### Dressing

1 tablespoon olive oil  
1½ tablespoons balsamic vinegar

## Instructions

1. Place 1 grape tomato, 1 basil leaf, and 1 mozzarella ball on each bamboo fork. Repeat this process for 18 kabobs. Place the kabobs on a serving platter.
2. In a small bowl, whisk together the dressing ingredients. Right before serving, pour the dressing over the kabobs to coat evenly

**Prep Time:** 15 minutes

## Nutritional Facts

**Serving Size:** 1 kabob

- |                 |       |               |     |
|-----------------|-------|---------------|-----|
| • Calories      | 25    | Dietary Fiber | 0 g |
| • Cholesterol   | 5 mg  | Fat           | 2 g |
| • Sodium        | 25 mg |               |     |
| • Potassium     | 30 mg |               |     |
| • Saturated Fat | 1 g   |               |     |
| • Carbohydrate  | 1 g   |               |     |