

# Caprese Kebabs with Balsamic Drizzle

## Ingredients:

### For the balsamic drizzle

- 2 tablespoon balsamic vinegar
- 2 teaspoon extra virgin olive oil
- 2 teaspoon no-calorie sugar substitute (granulated, 1 packet)

### For the kebabs

- 2 cups cherry or grape tomatoes (red or yellow)
- 1 bunch fresh basil leaves, washed
- 2 part-skim mozzarella string cheese sticks
- 8 wooden skewers

## Directions

1. Cut each string cheese stick in to 12 rounds (24 rounds total).
2. Assemble each kebab with 3 tomatoes, 3 mozzarella rounds, and 3 basil leaves (tomato, basil, cheese, tomato, basil, cheese, tomato, basil, cheese). Gently fold the basil leaves 2 – 3 times before skewering, larger leaves may be torn in half.
3. In a small bowl, whisk together balsamic vinegar, olive oil, and no-calorie sweetener. Lightly drizzle over skewers before serving.

## Nutrition Facts

Serving Size 2 kebabs (106g)  
Servings Per Container 4

Amount Per Serving

**Calories** 120      **Calories from Fat** 80

% Daily Value\*

**Total Fat** 8g      **12%**

Saturated Fat 2g      **10%**

Trans Fat 0g

**Cholesterol** 5mg      **2%**

**Sodium** 110mg      **5%**

**Total Carbohydrate** 6g      **2%**

Dietary Fiber 2g      **8%**

Sugars 3g

**Protein** 5g

Vitamin A 15%      • Vitamin C 15%

Calcium 15%      • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

