

## Tomato-Basil Skewers

[http://www.eatingwell.com/recipes/tomato\\_basil\\_skewers.html](http://www.eatingwell.com/recipes/tomato_basil_skewers.html)

*From EatingWell: December 2005/January 2006*

Skewering mozzarella balls and cherry tomatoes makes them easy to nosh at a party.

**16 pieces** | **Active Time:** 10 minutes | **Total Time:** 10 minutes

### Ingredients

- 16 small fresh mozzarella balls
- 16 fresh basil leaves
- 16 cherry tomatoes
- Extra-virgin olive oil, to drizzle
- Coarse salt & freshly ground pepper, to taste

### Preparation

1. Thread mozzarella, basil and tomatoes on small skewers. Drizzle with oil and sprinkle with salt and pepper.

### Nutrition

**Per piece** : 46 Calories; 3 g Fat; 2 g Sat; 0 g Mono; 8 mg Cholesterol; 1 g Carbohydrates; 3 g Protein; 0 g Fiber; 217 mg Sodium; 34 mg Potassium

**Exchanges:** 1 fat