

# Caprese Kebabs with Balsamic Drizzle

## Ingredients:

- 2 cups cherry or grape tomatoes
- 1 bunch fresh basil leaves
- 2 part skim mozzarella string cheese sticks
- 8 wooden skewers

## For the Balsamic Drizzle:

- 2 tablespoons balsamic vinegar
- 2 teaspoons olive oil
- 2 teaspoons sugar or sugar substitute

## Directions:

1. Cut each string cheese stick into 12 rounds.
2. Assemble each kebab with 3 tomatoes, 3 mozzarella slices and 3 basil leaves (tomato, basil, cheese, tomato, basil, cheese, tomato, basil, cheese). Gently fold the basil leaves 2-3 times before skewering, large leaves may be torn in half.
3. In a small bowl, whisk together balsamic vinegar, olive oil, and sugar. Lightly drizzle over skewers before serving.

## Nutrition Facts

Serving Size 1 cup (190g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 290</b>	Calories from Fat 70
% Daily Value*	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 35mg</b>	<b>12%</b>
<b>Sodium 180mg</b>	<b>8%</b>
<b>Total Carbohydrate 48g</b>	<b>16%</b>
Dietary Fiber 7g	28%
Sugars 18g	
<b>Protein 9g</b>	
Vitamin A 150%	Vitamin C 2%
Calcium 10%	Iron 15%
*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	

For more information, please contact:

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Source: American Heart Association

