



APPETIZER

LOW FAT & LOW CARB

Fresh Mozzarella Ball and Tomato Kabob

6 3/4 oz. Fresh Mozzarella Cheese Balls
2 T. 3/4 tsp. Low-Fat Italian Dressing
1 sprig Fresh Basil
20 Grape or Cherry Tomatoes
20—4.5" Frill Toothpicks

METHOD OF PREPARATION:

1. Place the Mozzarella balls in the Italian dressing. Let marinate at least a few hours, overnight is best.
2. Using a frill toothpick, skewer tomato, then mozzarella ball, and a small piece of basil. Place on a tray. Do not use a doily as it will get greasy.

SERVES: 20

NUTRITION: 30 Calories, 2 g Fat, 1 g Saturated Fat, less than 5 mg Cholesterol,
25 mg Sodium, less than 1 g Carbohydrates, 0 g Dietary Fiber, Less than 1 g Sugar, 2 g Protein

WEIGHT WATCHER SMARTPOINTS = 1

ALLERGENS: Milk, Soy