



ON THE MENU: MOZZARELLA



THE NUTRITION

Protein Source: contains whey protein, which is a highly bioavailable protein source.

Low Fat: is naturally low in fat when compared to other cheese varieties.

Calcium Source: promotes bone health and prevention of osteoporosis.

THE USES

Healthy snack: Pair a mozzarella stick with 1 serving of fruit.

Sandwich topper: Add a thick mozzarella slice on top of a deli meat sandwich.

Salad addition: Top with mozzarella balls to increase lean protein content.

CAPRESE SALAD SKEWERS

Makes: 6 servings

Recommended serving size: 2 skewers

Ingredients:

- 12 cherry tomatoes
- 24 mini fresh mozzarella balls
- 12 fresh basil leaves
- Balsamic glaze

Directions:

1. Thread a mozzarella ball onto each skewer.
2. Fold the basil leaves accordion style and thread onto the skewers.
3. Add a cherry tomato then a second mozzarella ball.
3. Drizzle with balsamic glaze.

Nutrition information per serving:

80 calories, 2 grams carbohydrates, 3 grams protein, 2 grams fat, 0.5 grams fiber, 0.5 grams sugar, 107mg sodium