

Rosemary CHERRY SKEWER

A healthy party hit that tastes as good as it looks! These Cherry Tomato skewers are a quick and easy way to spruce up any get together.



DIRECTIONS:

- Wash TOMZ™ Mixed Snacking Tomatoes and drain the bocconcini.
- In small bowl toss together TOMZ™ Tomatoes, cheese, olive oil and white balsamic.
- Strip leaves from rosemary stems, leaving 1-inch of foliage at one end of each stem.
- Arrange 2 TOMZ™ Mixed Snacking Tomatoes and two bocconcini balls on each rosemary skewer.



Nutrition Facts

Serving Size (125g)	
Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 160
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 30mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 8g	
Vitamin A 10%	Vitamin C 15%
Calcium 2%	Iron 2%
*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	



Prep time: 10 Minutes
Cook time: N/A
Serves: 4-6 People

INGREDIENTS:

- 24 TOMZ™ Mixed Snacking Tomatoes
- 12 fresh rosemary stems
- 2 130-gram containers of bocconcini (cherry size)
- 3 tbsp olive oil
- 2 tbsp white balsamic
- Cracked salt & pepper to season

CHEF'S TIP:

Serve as an appetizer or a topping to grilled chicken or steak



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