Salad Skewers

Yield: 12 servings

These salad skewers are a clever way to serve a salad for an event. Small wooden skewers are used to keep all the ingredients together and easily transportable. Make these your own by using small orange tomatoes, zucchini, or other vegetables. Serve with your favorite salad dressing.

Recipe adapted from Lindsay Kay Kordick

Ingredients

head Iceberg lettuce, sliced into 1 inch round slices and quartered
cherry tomatoes
mozzarella balls
seedless cucumber sliced into 12 pieces
basil leaves
Buttermilk ranch salad dressing or vinaigrette salad dressing for serving

Directions

- 1. Stack cherry tomato, lettuce wedge, cucumber slice, basil leaf, mozzarella ball, basil leaf, cherry tomato, onto a small wooden skewer.
- 2. Serve with Buttermilk ranch or vinaigrette salad dressing.

Nutrition F	acts
servings per container Serving size	1 (187g)
Amount per serving Calories	340
%	Daily Value*
Total Fat 32g	41%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 530mg	23%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 0g Added Sugar	s 0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 133mg	10%
Iron 1mg	6%
Potassium 213mg	4%
"The % Daily Value tells you how much a serving of food contributes to a daily diet. day is used for general nutrition advice.	nutrient in a 2,000 calories a



Nutrition information is calculated by a using an ingredient database and should be considered an estimate. * Daily Values (DVs) are the recommended amounts of nutrients to consume each day. The % Daily Value on nutrition labels tells you how much a serving of a particular food or recipe contributes to each of those total recommended amounts. The daily value is based on a standard 2,000 calorie diet. If you have a health condition you may need more or less of particular nutrients. Consult with your health care team.