

# 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

- 1 head Iceberg lettuce, sliced into 1 inch round slices and quartered
- 24 cherry tomatoes
- 12 mozzarella balls
- 1 seedless cucumber sliced into 12 pieces
- 24 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 Facts	
servings per container	1 (187g)
<b>Serving size</b>	<b>1 (187g)</b>
Amount per serving	
<b>Calories</b>	<b>340</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 32g	<b>41%</b>
Saturated Fat 8g	<b>40%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 530mg	<b>23%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	
Vitamin D 0mcg	0%
Calcium 133mg	10%
Iron 1mg	6%
Potassium 213mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	