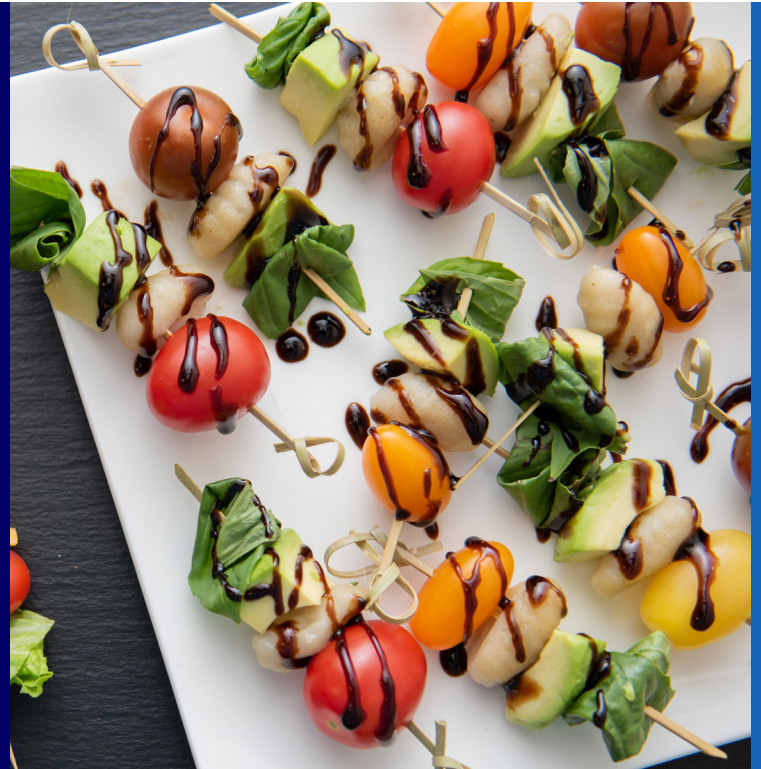


LiveWell

Vegan caprese appetizer skewers

Yield: 12 skewers



Ingredients:

12 cherry tomatoes
6 ounces (about 12 pieces)
cooked gnocchi
½ cup (about 12 pieces) cubed
avocado
12 small basil leaves
1 Tablespoon bottled balsamic
vinegar glaze

Directions:

On a short skewer or toothpick, spear a tomato, a piece of gnocchi, a piece of avocado, and a basil leaf. Repeat to form a total of 12 skewers. Arrange skewers on a plate and drizzle with balsamic vinegar glaze.

Nutrition information per serving:

| | | | |
|-----------------------|------------------------|--------------------|-----------------|
| Calories: 48 | Cholesterol: 2 mg | Fiber: 1 gram | Food exchanges: |
| Fat: 12 grams | Sodium: 72 mg | Protein: 1.5 grams | 1 carbohydrate |
| Saturated fat: 1 gram | Carbohydrates: 9 grams | | |

For a demo of this LiveWell recipe, and for more wellness information, visit HenryFordLiveWell.com