

Mediterranean Skewers w/ Tomamo Vinaigrette

**GF, M
VEG**

Ingredients

SERVINGS
Yields 32

Serving Size
1 skewer w/ 1 1/2 tsp vinaigrette

1/2 C	tomato juice
1/8 tsp	Bragg's amino acid
3 tbsp	celery hearts (finely diced)
1/4 tsp	kosher salt
1/4 tsp	black pepper (freshly ground)
32 tbsp	fresh mozzarella cheese
32	grape tomatoes
32	artichoke hearts
32	Gaea kalamata olives (pitted)
1/8 tsp	hot sauce
1/4 tsp	horseradish
2 tbsp	extra-virgin olive oil

Nutrition Per serving

128	Calories
4.5 g	Fat
2.9 g	Saturated Fat
1.4 g	Monounsaturated Fat
.2 g	Polyunsaturated Fat
8 g	Protein
3 g	Carbohydrates
1 g	Fiber
35 mg	Cholesterol
0 mg	Iron
150 mg	Sodium
2 mg	Calcium

Directions

1. In a medium bowl, whisk together tomato juice, Bragg's amino acid, celery, salt, peper, hot sauce, horseradish, and olive oil. Refrigerate until ready to serve.
2. Onto each skewer, thread a mozzarella ball, tomato, artichoke heart, and olive.
3. Serve with vinaigrette.