



Antipasto Kebabs



Set-up

- 24 Lollipop sticks (available online or at craft stores -- much safer than skewers!)
- 6-8 Small plates
- 1 bowl of cherry tomatoes
- 1 bowl of mozzarella cheese cubes or balls
- 1 plate of fresh basil or spinach leaves
- 1 bowl or plate of chopped bell peppers
- 1 plate of seasonings: 1 tsp. Minced garlic, 1 spoonful each of salt and pepper
- 2 empty small bowls
- 1 small bowl each of olive oil and either balsamic or red wine vinegar

Recipe/Activity Directions

1. Direct each group to wash hands first!
2. Demonstrate how to thread vegetables, cheese, and basil or spinach leaves onto lollipop sticks to make colorful skewers.
3. Instruct each group to make the dipping sauce in their 2 empty bowls: Add 1 spoonful of vinegar for every 2 spoonfuls of olive oil, the mix in garlic, salt and pepper to taste.
4. Enjoy making, dipping and eating antipasto kebabs!

