

Grilled Tomato Caprese with Garlic

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Servings: 4

Preparation Time: 20 minutes

Grill Time: 5 minutes

24 cherry tomatoes, 1 to 1 1/2 inches in diameter

4 cloves garlic, peeled and cut into slivers

1 tablespoon olive oil

1 tablespoon snipped fresh basil

1 teaspoon sugar

1/4 teaspoon coarse sea salt or Kosher salt

4 ounces mozzarella balls

2 tablespoons balsamic vinaigrette

additional sea salt or Kosher salt (optional)

additional snipped fresh basil (optional)

Remove the stems from the tomatoes, if necessary. With the tip of a sharp knife, pierce the tomatoes. Carefully insert a sliver of garlic into each tomato.

Place the tomatoes in the center of an 18x12-inch sheet of heavy-duty foil. Drizzle the tomatoes with olive oil; sprinkle with basil, sugar and salt. Bring the two long sides of the foil together and seal with a double fold. Fold the remaining edges together to completely enclose the tomatoes.

Preheat the grill.

FOR A CHARCOAL GRILL: Grill the tomato packet on a grill rack directly over medium coals for 5 to 6 minutes or until warmed through.

FOR A GAS GRILL: Reduce heat to medium. Place the tomato packet on the grill rack over heat. Cover and grill as directed.

OVEN BAKED: Preheat the oven to 350 degrees. Bake for 5 to 6 minutes or until warmed through.

To serve, carefully open foil packet. Transfer tomatoes to a serving platter or plate. Add mozzarella to the platter.

Drizzle the tomatoes and mozzarella with balsamic vinaigrette and sprinkle with additional salt and fresh basil, if desired.

Per Serving (excluding unknown items): 60 Calories; 4g Fat (51.7% calories from fat); 1g Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 1 Vegetable; 1/2 Fat; 0 Other Carbohydrates.