

# Cherry Tomato Pops

4 pieces skim-milk string cheese  
8 cherry tomatoes  
3 tablespoons fat-free ranch dressing

**DIETARY EXCHANGES:**

½ Dairy, ½ Fat

**NUTRIENTS PER SERVING:**

Cal.: 56	Cal. from Fat: 48%
Total Fat: 3 g	Sat. Fat: 2 g
Carb.: 4 g	Protein: 3 g
Chol.: 10 mg	Sodium: 210 mg
Fiber: <1 g	

1. Slice string cheese in half. Trim stem end of each cherry tomato and gently squeeze out about 1/4 teaspoon of pulp and seeds.
2. Press end of a piece of string cheese into hollowed tomato to make each cherry tomato pop. Serve with ranch dressing as dip.

*Makes 8 servings (½ piece sting cheese, 1 cherry tomato, 1 teaspoon fat-free ranch dressing)*

Source: Diabetic Cooking Magazine

