

SIDE DISH

Mozzarella and Tomato Appetizer Tray

13 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
50 min	20 min	30 min	8	\$1.45	280 kcal



If you have roughly 50 minutes to spend in the kitchen, Mozzarellan and Tomato Appetizer Tray might be a great gluten free, lacto ovo vegetarian, primal, and ketogenic recipe to try. This recipe serves 8. One serving contains 280 calories, 13g of protein, and 24g of fat.

Ingredients

- | | |
|---|---|
| ☐ 1 tablespoon capers, drained | ☐ 8 servings crushed red pepper to taste |
| ☐ ½ teaspoon dried basil | ☐ 1 tablespoon minced fresh parsley |
| ☐ 2 cloves garlic, minced | ☐ 1 pound mozzarella cheese, sliced |
| ☐ 6 tablespoons olive oil | ☐ 1 pinch dried oregano |
| ☐ 7 ounce roasted red peppers, drained and julienned | ☐ 2 tomatoes, thinly sliced |

EQUIPMENT Bowl

Method

- 1 In a medium bowl, mix together parsley, basil, oregano, capers, garlic and olive oil.
- 2 On a serving platter, arrange mozzarella cheese slices and tomato slices in alternating layers. Top with roasted red peppers.
- 3 Drizzle with the herb and olive oil mixture. Cover and chill in the refrigerator 30 minutes before sprinkling with crushed red pepper and serving.

Nutrition per serving

280	13 g	24 g	5 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			9 g · 56% of daily needs
Fibre			1.5 g · 6% of daily needs
Sugar			1.6 g · 2% of daily needs
Sodium			758 mg · 33% of daily needs
Cholesterol			44.8 mg · 15% of daily needs
Vitamin C			16.7 mg · 20% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/mozzarella-and-tomato-appetizer-tray-142373