

Pizzette alla Mediterranea

These appetizer pizzas bring together foods from around the Mediterranean: cheese from Italy and Greece, capers and lemon from Sicily, and oregano which is widely used in Italy and Greece. The lemon-caper marinated tomatoes add a delicious flavor dimension.

Lemon-Caper Vinaigrette

- 1/3 cup NAKANO Seasoned Rice Vinegar—Original
- 1/3 cup extra virgin olive oil
- Grated zest of 1 lemon
- 1 clove garlic, minced
- 1 tablespoon drained capers
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper

Pizzette

- 10 slices crusty Italian bread (about 4" diameter, sliced 1/2" thick)
- 1 cup (5 to 6 oz) halved cherry or grape tomatoes
- 1 cup shredded mozzarella cheese
- 1/2 cup crumbled feta cheese
- Dried oregano
- Red pepper flakes (optional)

Combine vinaigrette ingredients in measuring cup or small bowl. Crush capers against the side of the measuring cup with a spoon; stir well.

Lightly toast sliced bread; set aside. Place 2 tablespoons vinaigrette in a small bowl. Add tomatoes and stir. Let stand 20 minutes, stirring occasionally. Preheat oven to 425°F.

In a medium bowl toss together mozzarella and feta cheeses. Place toasted bread on a large sheet tray. Divide cheese evenly among all ten slices. Sprinkle each lightly with oregano and red pepper flakes. Arrange tomatoes over cheese; drizzle any liquid left in the bowl over pizzette. Bake 10 minutes or until cheese is melted. Serve immediately.

Makes 10 pizzette

Nutrition information per pizzette: 150 calories, 7g protein, 17g carb, 6g fat, (3g sat. fat), 15mg chol, 370mg sodium, 1g fiber

Variations:

- Fresh mozzarella may be substituted for shredded mozzarella. Thinly slice about 4 ounces with a serrated knife. Cut those slices in half and place on bread. Sprinkle with feta cheese, oregano and red pepper flakes. Top with cherry tomatoes and bake 10 minutes or until cheese melts.
- Use three precooked 8-inch pizza crusts instead of toasted bread. When ready to serve, cut each pizzette into 4 wedges.
- Pizzette may be cooked on the grill. Toast the bread on the grill first. Remove the bread and top with cheese and remaining ingredients. Place back on the grill, close cover, and grill 2 minutes or until cheese melts.

Note: Refrigerate remaining vinaigrette for tossed green salads, chilled asparagus or green bean salads. Or use as a marinade for my recipe, Grilled Seafood with Mixed Olive Tapenade.