

Taste Test: Bocconcini



Bocconcini, which means *little mouthfuls* in Italian, are small mozzarella cheese balls that originated in Naples, Italy. Bocconcini is also called Buffalo cheese because it was traditionally made from the milk of water buffaloes. Today it is usually made from cow's milk by dipping whey curds into hot whey. The cheese is pulled, stretched, and kneaded, similarly to how bread is made.

Food Fact

Bocconcini is much lower in sodium and saturated fat than regular cheeses.

How to Choose:

- Find a large selection in Italian supermarkets.
- Choose bocconcini marinated in herbs or packed in water over those marinated in oil.

How to Prepare:

- Bocconcini can be eaten fresh or added to salads, pastas, or melted on casseroles or pizza.

How to Store:

- Fresh bocconcini is best kept packed in water and stored in the fridge.
- Marinated bocconcini cannot be stored as long and should be used shortly after purchasing.

Note:

Canada's food guide recommendation:

- Choose plant-based protein foods more often because plant-based protein has more fibre and less saturated fat than other types of protein foods.

I Tried It!

My Rating (circle one):



Would you like to try bocconcini again?

YES NO

Bocconcini and Cantaloupe Salad

Makes 6 servings

Ingredients:

- 2 Tbsp lime juice (about 1 lime)
- 1 ½ Tbsp olive oil
- ½ tsp salt
- ¼ tsp black pepper
- 2 Tbsp chopped fresh mint
- 1 cantaloupe, diced small
- ½ cup chopped bocconcini cheese
- 1 cup cherry tomatoes, halved
- ¼ cup thinly sliced red onion
- ¼ cup unsalted almonds, toasted and roughly chopped
- ¼ cup unsalted pumpkin seeds

Directions:

1. In a large bowl, whisk together lime juice, olive oil, salt, pepper, and mint.
2. Add cantaloupe, bocconcini, tomatoes, and onion.
3. Toss well and top with almonds and pumpkin seeds when ready to serve.

Recipe from <https://food-guide.canada.ca/en/recipes/cantaloupe-bocconcini-cheese-salad/>

Getting children involved in cooking at home makes them more likely to eat fruit and vegetables and select healthy foods. For more information please contact APPLE Schools at info@appleschool.ca

Information and adapted recipe taken from <http://en.wikipedia.org/wiki/Bocconcini> and <https://food-guide.canada.ca/en/recipes/cantaloupe-bocconcini-cheese-salad/>

Ideas for Serving Bocconcini:

- Serve sliced with tomatoes, minced basil, and balsamic vinaigrette; or make kabobs with bocconcini, cherry tomatoes, zucchini.
- Slice on to a sandwich.
- Add to pasta or use as cheese on a pizza or lasagna.

