Recipes

Fruit Kabobs with Yogurt Dip

Number of servings: 8  
Preparation time: 5 minutes  
Total time: 5 minutes

Ingredients:
1 cup pineapple, cut into chunks  
1 cup seedless grapes  
1 cup strawberries, hulled  
1 cup watermelon, seeded and cut into chunks  
2 kiwis, peeled and chopped  
6 ounces low-fat vanilla yogurt

Equipment Needed:
Knife  
Cutting board  
Vegetable peeler  
Small bowl  
Medium bowl  
Can Opener  
Skewers  
Plate

Directions
- Add fruit chunks to the medium bowl.  
- Arrange fruit chunks on the skewers.  
- Place yogurt in the small bowl.  
- Place fruit kabobs on plate.  
- Serve kabobs alongside yogurt as dip.

DID YOU KNOW?
You can easily change this recipe by using different fruits. Try blueberries, mango, honeydew melon or oranges.

Nutrition Facts
Serving Size 1 serving (115.51g)  
Servings Per Container 8

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 60</td>
<td>Calories from Fat 0</td>
</tr>
<tr>
<td>Total Fat 0.5g</td>
<td>1%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 15mg</td>
<td>1%</td>
</tr>
<tr>
<td>Total Carbohydrate 14g</td>
<td>5%</td>
</tr>
<tr>
<td>Dietary Fiber 1g</td>
<td>4%</td>
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<tr>
<td>Sugars 12g</td>
<td></td>
</tr>
<tr>
<td>Protein 2g</td>
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</tbody>
</table>

Vitamin A 4%  
Vitamin C 70%  
Calcium 8%  
Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Did you know?
Most fruit peels are edible. Eating the peel provides you with more fiber and nutrients.

Always wash all fruits before cutting!

(Recipe from Food and Health Communications Inc., as listed at https://www.whatscooking.fns.usda.gov.)