

Grilled Fruit Kabobs

INGREDIENTS:

12 ea. Large fresh strawberries
4 slices Fresh pineapple (each slice to be 3/4 " and then cut into 4 chunks)
4 ea. Fresh cantaloupe wedges (each wedge 1/8th of a melon) cut into 4 chunks
1 T. Lemon juice
4 ea. Wooden skewers

DIRECTIONS:

Soak wooden skewers in water for 30 minutes or more to prevent them from burning. Wash, prepare and place fruit in a bowl. Drizzle fruit with lemon juice to prevent fruit from browning. Thread fruit onto wooden skewers alternating with different fruits, placing 3 strawberries, 4 pineapple chunks and 4 cantaloupe chunks on each skewer. Set aside. Spray grill with non-stick spray and heat grill on a low setting. When grill is ready, place skewers on grill and rotate the skewers every few minutes throughout the grilling process to prevent sticking. Grill fruit kabobs until lightly browned and tender, but no mushy. When done transfer to platter and serve warm.

Makes 4 servings
1 Serving = 1 kabob
Calories: 73/serving

NUTRITIONAL INFORMATION PER SERVING:

1 g protein
18 g carbohydrates
0 g fat
2 g fiber

Estimated Food Group Serving Equivalents: 1 serving of fruit