

Fruit Kabobs with Yogurt Dip

Ingredients:

- 1 cup watermelon, cut into chunks
- 8 ounces pineapple chunks in juice, canned
- 1 cup grapes, red seedless
- 1 cup strawberries, capped
- 2 kiwi fruit, peeled and diced
- 6 ounces nonfat strawberry yogurt

Equipment:

- Knife
- Cutting board
- Potato Peeler
- Small bowl
- Medium bowl
- Can opener
- Bamboo skewers
- Plate

Number of Servings: 8
 Preparation Time: 5 minutes
 Total time: 5 minutes

Directions

1. Cut end off of watermelon, and cut off a slice. Cut red center into chunks and remove seeds. Add to bowl. Save rest for other uses.
2. Wash kiwi, and use a potato peeler to cut off outer skin. Cut into slices and add to bowl.
3. Wash grapes and remove from stems. Add to bowl.
4. Wash strawberries, and use the end of the potato peeler to remove tops and stems of strawberries.
5. Place fruit chunks on bamboo skewers. Place fruit kabobs on platter.
6. Place nonfat light strawberry yogurt in bowl. Serve kabobs with yogurt on the side.

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| Nutrition Facts | | | |
|--|---------|---------------------|-----|
| Serving Size: 1skewer with 1 Tbls of dip | | | |
| Servings: 8 | | | |
| Amount Per Serving | | | |
| Calories 68 | | Calories from Fat 3 | |
| %Daily Value* | | | |
| Total Fat | trace g | | 0% |
| Saturated Fat | trace g | | 0% |
| Cholesterol | 0mg | | 0% |
| Potassium | 215mg | | 6% |
| Sodium | 14mg | | 1% |
| Total Carbohydrate | 16g | | 5% |
| Dietary Fiber | 1g | | 6% |
| Protein | 2g | | 3% |
| Vitamin A | 3% | Vitamin C | 57% |
| Iron | 1% | Calcium | 5% |

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

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