



Fruit Kabobs with Yogurt Dip

Ingredients:

- 1 cup watermelon chunks
- 1 cup pineapple chunks
- 1 cup grapes, red seedless
- 1 cup stemmed strawberries
- 2 kiwis peeled and cut in quarters
- 8 bamboo skewers 6 inches long
- 1 cup yogurt, light strawberry

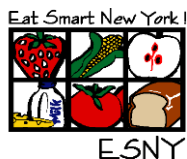
Directions:

1. Place fruit chunks on bamboo skewers.
Place fruit kabobs on platter.
2. Place nonfat light strawberry yogurt in bowl.
Serve kabobs with yogurt on the side.

Yields about 8 servings

Nutrition Facts			
Serving Size 1/8 of recipe (124g)			
Servings Per Recipe 8			
Amount Per Serving			
Calories	60	Calories from Fat	0
% Daily Value *			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	20mg		1%
Total Carbohydrate	14g		5%
Dietary Fiber	1g		4%
Sugars	11g		
Protein	2g		
Vitamin A	4%	Vitamin C	70%
Calcium	6%	Iron	2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
0% calories from fat			

Source: Adapted from: Cooking Demo II, Food and Health Communications, Inc.,
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Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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