

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.

For more recipes, please visit: www.fcs.ext.vt.edu/recipes

Recipes



Friend us on Facebook and follow us on Twitter www.facebook.com/vafnp www.twitter.com/vafnp

Nutrition Facts

Serving Size: 1skewer with 1 Tbls of dip Servings: 8

| Calories 68 | | Calories from | Eat 9 | | | | |
|--|--|---------------|----------------|------------------|--|--|----|
| Calories 00 | | | | | | | |
| | 10000000000000000000000000000000000000 | %Daily | | | | | |
| Total Fat trace g | | | 0% | | | | |
| Saturated Fat trace g | | | 0% | | | | |
| Cholesterol 0mg | | | 0% | | | | |
| Potassium 215mg Sodium 14mg Total Carbohydrate 16g | | | 6% 1% 5% | | | | |
| | | | | Dietary Fiber 1g | | | 6% |
| | | | | Protein 2g | | | 3% |
| Vitamin A | 3% | Vitamin C | 57% | | | | |
| Iron | 1% | Calcium | 5% | | | | |

2013

Virginia Cooperative Extension Virginia Tech • Virginia State University

VCEP-5NP

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, genetic information, marital, family, or veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, VPI & SU, VSU, and the U.S.D.A. cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Jewel E. Hairston, Administrator, 1890 Extension Program, Virginia State, Petersburg.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.