

Fruit Kabobs with Yogurt Dip

Ingredients

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

Instructions

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 8 servings / Rinde 8 porciones
Serving size / Tamano porcion
1/8 of recipe / de receta

Cost / Precio
Per recipe: \$3.18
Per serving: \$0.40



Brocheta de Frutas con Dip de Yogurt

Ingredientes

- 1 taza trozos de sandía
- 1 taza trozos de piña
- 1 taza uvas rojas sin semillas
- 1 taza fresas sin tallo
- 2 kiwis pelados y cortados en cuartos
- 8 pinchos o brochetas de bambú (6 pulgadas cada uno)
- 1 taza yogurt de fresa bajo en grasa

Instrucciones

1. Coloque los trozos de fruta en los pinchos de bambú . Coloque las brochetas de fruta en un platón .
2. Coloque el yogurt light de fresa en un plato hondo . Sirva las brochetas con yogurt a un lado .

Nutrition Facts	
Serving Size 1/8 of recipe (122g)	
Servings Per Container 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	6%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 2g	
Vitamin A 2%	• 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: 2,000 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	