



Makes 6 servings

Ingredients

12 wooden skewers

24 strawberries, stems removed

1/2 of a fresh pineapple, peeled and cut into
1-inch-by-2-inch cubes

3 medium peaches, cut into 1-by-2-inch cubes

*optional: 2 tablespoons dark brown sugar

Directions

1. Soak skewers in water for at least 30 minutes.
2. Heat grill to medium-high heat.
3. Place one strawberry on the skewer, then alternate between pineapple and peach cubes until you have 9 pieces of fruit on the kebab (4 pineapple cubes, 4 peach cubes). End with one more strawberry. Repeat for each skewer.
4. Place kebabs on the grill. Grill for 5 to 8 minutes, turning frequently (about every 60 seconds). Sprinkle brown sugar in the last 1 to 2 minutes of grilling, turning several times to coat all sides (if desired*).
5. Serve immediately.

*Option not included in nutrition facts.



TIP

Leftover fruit from the kebabs can be used to make a fruit salad or frozen to be put in smoothies. You can also try different fruit combos depending on what's in season.

 = heart smart

 = low sodium

 = gluten free

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Nutrition Facts

Serving Size 2 Kebabs (198g)
Servings Per Container 6

Amount Per Serving

Calories 80 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 20g **7%**

Dietary Fiber 3g **12%**

Sugars 16g

Protein 1g

Vitamin A 0% • Vitamin C 150%

Calcium 2% • 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

Carb choices per serving: 1