

Grilled Fruit Kebabs

INGREDIENTS

- 12 skewers (*if using wooden skewers, soak at least 2 hours before grilling*)
- 4 cups assorted cubed fruit (*recommended fruits for grilling include pineapple, peaches, plums, apricots and watermelon*)
- 1 tablespoon canola oil
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- ¼ teaspoon ground cinnamon

DIRECTIONS

1. Preheat a grill or grill pan to medium-hot.
2. Thread fruit cubes evenly onto skewers, alternating fruit varieties.
3. In a small bowl, mix together honey, vanilla extract and ground cinnamon.
4. Lightly brush the kebabs with oil and place on the grill. Cook for 3 to 5 minutes per side, basting with the honey mixture until you see grill marks. Remove from grill and brush with any remaining honey. Serve warm.



Recipe courtesy of the Academy of Nutrition and Dietetics

Serving size: 2 kebabs | Servings: 6

Nutrition Information: Calories: 89; Total fat: 2g; Saturated fat: 0g; Cholesterol: 0mg; Sodium: 1mg; Carbohydrates: 18g; Fiber: 1g; Sugars: 15g; Protein: 1g; Potassium: 142mg; Phosphorus: 13mg