



July 9- Pear Kabobs with Strawberry Dipping Sauce

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/pear-kabobs-strawberry-dipping-sauce>

Recipe

Ingredients:

- 1 cup yogurt, low-fat vanilla
- 4 Tablespoons strawberry preserves
- 2 pears
- 2 cups strawberries
- 2 bananas
- 1 can pineapple chunks

Directions:

1. In a small bowl, combine the vanilla yogurt and strawberry preserves. Set aside.
2. Thread the fruits by alternating the pears, strawberries, bananas, and pineapple onto the skewers.
3. Serve the fruit skewers with a dollop of the strawberry sauce on the side.

Yield 6 servings

Nutrition Facts

Serving Size 1 kabob (230.83g)

Servings Per Container 6

Amount Per Serving

Calories 170 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol <5mg **1%**

Sodium 35mg **1%**

Total Carbohydrate 36g **12%**

Dietary Fiber 4g **16%**

Sugars 26g

Protein 3g **6%**

Vitamin A 4% • Vitamin C 70%

Calcium 8% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.