



January 17- Fruit and Cheese Kabobs

Smart Snack

Link: <http://www.recipe.com/fruit-and-cheese-kabobs/>

Recipe

Ingredients:

- 4 cantaloupe melon slices
- 2 ounces reduced-fat cheddar cheese slices
- 4 fresh blackberries
- 4 whole fresh strawberries
- 4 small wooden skewers

Directions:

1. Use 1 to 1 ½ inch cookie cutters to cut shapes out of cantaloupe slices and cheese.
2. Thread fruit and cheese onto 4 small skewers.
3. Place in a flat storage container and chill until serving time or up to 24 hours.

Yield 2 servings

Nutrition Facts	
Serving Size 2 kabobs	
Servings Per Container 2	
Amount Per Serving	
Calories 120	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 3.5g	18%
Trans Fat	
Cholesterol 15mg	5%
Sodium 220mg	9%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 9g	
Vitamin A 60%	• Vitamin C 80%
Calcium 25%	• Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet.	