

# Fruit Kabobs With Yogurt Dip



## Ingredients:

- 1 cup watermelon chunks
- 1 cup pineapple chunks
- 1 cup red seedless grapes
- 1 cup strawberries, stems removed
- 2 kiwis peeled and cut in quarters
- 8 6-inch long bamboo skewers
- 1 cup light strawberry yogurt

## Preparation:

1. Place fruit chunks on bamboo skewers. Place fruit kabobs on platter.
2. Place light strawberry yogurt in bowl. Serve kabobs with yogurt on the side.

**Yields 8 (1 kabob) servings**

## Nutritional Information Per Serving:

60 calories, 2 g protein, 14 g carbohydrate (1 g fiber), 0 g fat, 0 mg cholesterol, 20 mg sodium

*Source: U.S. Department of Agriculture*

Dining Smart Community is a program of UPMC Health Plan that supports healthy dining options in the workplace and the community.

Learn more at [www.upmchealthplan.com/dscommunity](http://www.upmchealthplan.com/dscommunity).

