



Fruit and Cheese Kabobs

Taken from: "Taste of Home—Fast & Healthy" Magazine

- 1 pint fresh strawberries
- 1 ½ cups green grapes
- 1 package (8 ounces) low-fat cheddar and low-fat Monterey Jack cheese cubes
- 1 cup (8 ounces) light, non fat vanilla yogurt
- ½ cup fat-free sour cream
- 2 tablespoons honey
- ½ teaspoon ground cinnamon

On 12 wooden skewers, alternately thread the strawberries, grapes, and cheese cubes. For dip, in a small bowl, combine the yogurt, sour cream, honey and cinnamon. Serve immediately or refrigerate.

Makes 12 servings

Note: Create your own variations by using other fruit and cheese combinations.

Nutritional Analysis per serving:

- Calories: 112
- Total Fat: 4 g
- Saturated Fat: 2.75 g
- Protein: 6 g
- Total Carbohydrates: 12 g
- Fiber: <1 g
- Sodium: 180 mg
- Calcium: 170 mg
- Vitamin A: 324 IU
- Vitamin C: 16 mg
- Cholesterol: 16 mg