

Featured RECIPE ◀

Grilled Fruit Kabobs

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| 3 tbsp honey | 12 medium-size, firm strawberries |
| 2 tbsp fresh lime juice | 12 bite-size chunks fresh pineapple
(about 1½ cups) |
| ⅛ tsp cinnamon | 12 bite-size chunks cantaloupe (about 1½ cups) |
| Pinch of red pepper flakes (optional) | |

1. Combine first 4 ingredients (syrup mixture) in large bowl.
2. Add fruit, gently fold together and coat with syrup mixture.
3. Thread 4 (8-inch) skewers with fruit chunks, reserving remaining syrup.
4. Coat grill rack with nonstick cooking spray. Place kabobs on medium-hot grill and cook about 3 minutes on each side.
5. Remove from grill, drizzle with remaining syrup and serve warm.

MAKES 8 CUPS/4 SKEWERS or 4 (2-cup) servings. Per serving:

119 calories • 1g protein • trace fat • 29g carbs • 25.5g sugar • 2.2g fiber • 11mg sodium

