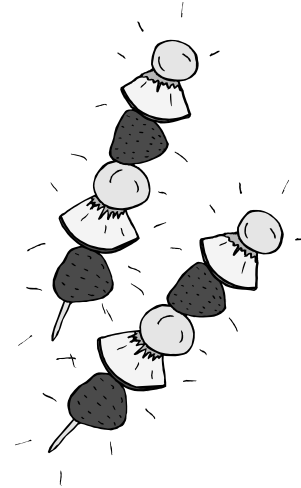


Grilled Fruit Kebabs Recipe

Lightly grilling fruit brings out wonderful flavors, especially in the peaches and bananas. Roll or sprinkle the dressed skewers in toasted coconut for an extra treat.

Ingredients:

1 pineapple OR 1 can pineapple chunks
1 pint strawberries
2 bananas
3 plums
2-3 peaches
½ cup honey
2 tablespoons lime or lemon juice
1/8 cup chopped fresh mint leaves OR 1 tablespoon dried mint
1 cup toasted coconut (optional)
Wooden shish kebab skewers



Directions:

1. Soak wooden shish kebab skewers in water to prevent scorching on the grill. Prepare grill for medium heat.
2. Prepare dressing by combining the honey, lime or lemon juice, and the chopped mint in a small bowl.
3. Prepare fruits:
 - Peel and core the pineapple and cut into 2" chunks.
 - Peel the bananas and cut into 5 or 6 large pieces, sprinkle lightly with a small amount of lemon or lime juice, reserving remaining juice for the dressing.
 - Cut the plums and the peaches in halves, discarding pits; then cut into 2" chunks.
 - Wash and hull strawberries.
4. Thread prepared fruit, onto wooden skewers, just as you would a shish kebab, alternating various pieces of fruit on each kebab.
5. Place the fruit pieces on the grill for 10 to 15 minutes, turning occasionally.
6. Brush the fruit with the honey mixture during the last 4-5 minutes of cooking.
7. Place the kebabs on a serving platter, brush or drizzle with any remaining honey mixture, and top with toasted coconut, if desired.

Serves 8

Per serving (1/8 recipe):

Without coconut: 211 calories, 2.3g protein, 0.8g fat, 54.6g carbohydrate, 3mg sodium, 4.8g fiber

With coconut: 269 calories, 2.6g protein, 4.8g fat, 60.1g carbohydrate, 33mg sodium, 5.3g fiber