

Fruitfully Cheesy Kabob

This kabob is so simple to put together and has 3 yummy tastes in one healthy appetizer. You can change it up by using different fruits and cheeses. You can even add a few slices of deli ham, turkey or your favorite lunch meat. This cold but juicy kabob makes a great appetizer or side dish.

Recipe Type: Appetizer, Fruits, Side Dish, Snack

Degree of Difficulty: Very easy

Ingredients

16 each Red Grapes
8 ounces Cheddar cheese low fat (cubed) (approx 1 oz per cube)
8 ounces Monterey Jack cheese (cubed) (approx 1 oz per cube)
8 each Strawberries, Large (halved)
8 each Wooden Skewers



Directions

- 1 Cut strawberries in half. If they are extra large you may want to cut them in quarters.
- 2 Cut cheese into 1 inch cubes.
- 3 Thread each skewer with the grapes, cheeses and strawberries alternating between the ingredients.

Cooking Times

Preparation Time: 10 minutes

Total Time: 10 minutes

Nutrition Facts

Nutrition (per serving): 105 calories, 6.4g total fat, 4g saturated fat, 18.7mg cholesterol, 195.5mg sodium, 3.6g carbohydrates, <1g fiber, 2.6g sugar, 8.5g protein.

Servings: 8

Yield: 1 ea

Weight Watchers Points

Note: None of the Weight Watchers Points include the nutrition for the fruits.

Orig. WW Pts: 2

Points Plus: 2

Smart Points: 3

FreeStyle Smart Points: 3

Tips

This is a fun appetizer for kids to help with. They will love threading the fruits and cheeses on the wooden skewers. Plus it's a healthy snack for them to have after school.