

Ingredients:

- 12 strawberries cut into halves
- 1 cup green grapes
- 1 peach, seeded, cut into 8 pieces
- 1 1/2 ounce low-fat mozzarella cheese, 1" cube
- 12 long (about 3-1/2 inches long) Kebab sticks

Fruit and Cheese Wands

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Directions:

1. Wash hands with warm water and soap. Wash fresh fruits before preparing.
2. Wash grapes and strawberries before preparing.
3. Use a wooden skewer to poke holes in the center of each piece of strawberry, grape, cheese and peach.
4. Thread pieces onto stick through the holes you just made.
5. Repeat step 2 with all the ingredients, making 12 "Wands".
6. Arrange "Wands" on a platter or stand on end in a bowl.
7. Serve with low-fat yogurt dip

Nutrition Facts (Per Serving)

Calories 90; Carbohydrate 16 g; Protein 3 g; Total Fat 2.5 g; Saturated Fat 1.0 g; Trans Fat 0 g; Cholesterol 5 mg; Fiber 2 g; Total Sugars 13 g; Sodium 60 mg; Calcium 100 mg; Folate 31 mcg; Iron 0.40 mg; Percent Calories from Fat 25%.

Makes 4 servings (3 sticks). Recipe provided by Nutrition.gov

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.