WHAT'S COOKING IN THE MARKET?

Pear Kabobs with Strawberry Dipping Sauce

Servings: 6 - 1 skewer

Ingredients

1 cup yogurt, low-fat vanilla

4 tablespoons strawberry preserves

2 pears (cored and cut into 1-inch cubes)

2 cups strawberries (stems removed)

2 bananas (cut into 1-inch slices)

1 can pineapple chunks, drained

Directions

1. In a small bowl, combine the vanilla yogurt and strawberry preserves. Set aside.

2. Thread the fruits by alternating the pears, strawberries, bananas, and pineapple onto the skewers.

3. Serve the fruit skewers with a dollop of the strawberry sauce on the side.

Other materials needed:
•Six wooden skewers
•small bowl
•cutting board
•can opener
•paring knife
•measuring spoons
•platter or large plate

NUTRITION INFORMATION

Key Nutrients	Amount	% Daily Value
Total Calories	180	
Total Fat	1g	2%
Saturated Fat	0g	0%
Trans Fat		
Cholesterol	5mg	2%
Sodium	30mg	1%
Carbohydrates	43g	14%
Dietary Fiber	4g	16%
Sugars		
Protein	3 g	

MYPLATE FOOD GROUPS

- [ ] Grains
- [x] Fruits
- [ ] Vegetables
- [ ] Protein
- [x] Dairy

K·STATE Research and Extension

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