

Church of the Foothills  
Preschool and Child Care Center

May 2008 Recipes

**Fruit Kabobs – Fun for Family and Friends**

Colorful, nutritious and fun, fruit kabobs are a big hit whenever they're served. They're ideal for picnics and parties or anytime you want to dazzle family and friends. Here's how to make them:

- Start with a variety of colorful fruit. Use fruit that's fresh but firm, never over-ripe. Try fresh or canned pineapple chunks, large seedless grapes, strawberries, melon chunks and cherries. Or go completely tropical with pineapple, mango and papaya. Be creative, try what's in season, experiment and find your own favorite combinations.
- Wash, peel and cut the fruit into similar size chunks and drizzle with lemon juice or pineapple juice to prevent browning.
- Thread fruit onto bamboo skewers. If you will be grilling your kabobs, first soak the skewers in water for 30 minutes or more to prevent them from burning. (If younger kids are helping, supervise them so they do not poke themselves.)
- Place 6 – 7 pieces on each skewer, alternating colors, shapes and textures. Use smaller fruit like grapes or cherries on the ends of the kabobs and leave space at each end of the skewer for easy handling.
- If you're serving your kabobs fresh, stack them on top of each other on an oval platter or fan them out in a pretty circle on a round plate. (Keep them in a re-sealable plastic bag or plastic container until you are ready to serve them.)

**Grilling Tips**

- Spray a vegetable cooking spray on the grate before preheating to keep fruit from sticking to the grate.
- Set your gas grill on low and preheat before placing kabobs on the grate. If you have a charcoal grill, place the kabobs on the grill after the coals have begun drying out or grill fruit on the top level of the grate instead of directly over the coals.
- Rotate the skewers every few minutes throughout the grilling process to prevent sticking.
- Grill fruit kabobs until lightly browned and barely fork tender but not mushy.
- When done, transfer kabobs to a large platter and keep warm or let cool to room temperature. Grilled fruit is best served hot, warm or at room temperature, not chilled.

**Grilled Pineapple**

1 Fresh Pineapple

Twist crown from pineapple. Cut pineapple in half then into quarters. Cut quarters crosswise to yield 8 wedges per quarter. Place on grill. Cook until warm only. Serves 8

### **Grilled Banana Fruit Kabobs**

5 firm, green-tipped Bananas  
12 large, firm Strawberries  
1 small Cantaloupe  
¼ cup butter, melted  
2 Tbsp. fresh lime juice  
1 Tbsp. Honey

Cut bananas into 1-1/2 inch chunks. Cube cantaloupe into 1-1/2 inch chunks. Thread skewers with alternating pieces of banana, strawberries and cantaloupe, beginning and ending with bananas.

Combine melted butter, lime juice and honey. Brush kabobs well with sauce and place on grill 2 inches above hot coals. Cook 5 minutes on each side, brushing with butter sauce. Do not over cook. Remove and serve immediately. Makes 6 servings.

### **Fresh Fruit Kabobs**

8 Bamboo Skewers (9 inches long)  
1 Orange, peeled & sectioned  
½ cup Melon chunks (1 inch chunks)  
½ cup Pineapple chunks (1 inch chunks)  
1 small bunch Red or Green Seedless Grapes  
2 cups Lemon, Orange or Vanilla non-fat Yogurt

On each skewer thread orange sections alternately with melon and pineapple chunks. Place a grape on each end of each skewer. Serve with yogurt as a dip.

### **Fresh Fruit Kabobs with Cinnamon Yogurt Sauce**

1 cup plain low-fat yogurt  
2 tsp. brown sugar  
¼ tsp. vanilla extract  
¼ tsp. ground cinnamon  
2 pints fresh strawberries  
1 pineapple, peeled, cored and cubed  
1 honeydew melon, scooped into melon balls  
3 kiwi fruits, peeled and sliced

Combine the yogurt, sugar, vanilla and cinnamon. Alternating the fruits, thread them onto 6 inch bamboo skewers. Serve the fruit kabobs with yogurt dipping sauce.

### **Grilled Strawberry Kabobs**

Strawberries are one of the first summer fruits to ripen and possibly the ultimate grilled delight. Simple combinations like strawberry-kiwi, strawberry-pineapple, or strawberry-banana are outstanding grilled desserts. Grill strawberry kabobs over medium hot coals for 6 – 8 minutes, turning a few times. They're great as is, right off the grill.

\*Recipes from [www.dole.com/Recipes/Rec\\_Ed\\_003-Kabob.jsp](http://www.dole.com/Recipes/Rec_Ed_003-Kabob.jsp)