

Grilled fruit kabobs

Makes 4 servings

Ingredients:

24 medium strawberries, cleaned - or 1.5 lbs mixed fruit
1 tablespoon canola oil
4 tablespoons maple syrup
1/4 loosely packed mint leaves, chopped
3 tablespoons lemon juice
8 wooden skewers, soaked in water 10-15 minutes



Instructions:

Preheat grill or grill pan. While grill preheats, place strawberries onto the skewers, piercing each strawberry with two skewers (for a total of 4 kebabs with 6 strawberries each). In a small bowl, combine the oil and 2 tablespoons of the maple syrup and brush the mixture over the strawberries. In a second small bowl, combine the mint, lemon juice, and remaining maple syrup. Grill strawberries until softened with light grill marks (3-4 minutes per side). Serve drizzled with lemon mint sauce.

Modifications: Substitute pineapple, melon, mango or other fruit for strawberries; swap basil for mint; sub honey or other liquid sweetener for maple syrup

Nutrition info: 140 calories, 4g fat, 27g carb, 4g fiber, 1g protein.

Recipe source: Food Network Kitchen



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