Recipe of the Week

Fruit Skewers with Yogurt Sauce

Ingredients:
• 20-ounce can pineapple chunks, drained (1/4 cup juice reserved)
• 1 pound strawberries, leaves trimmed
• 3 cups green or red grapes
• 1 cup frozen raspberries, thawed
• 1 cup vanilla yogurt
• 12 bamboo skewers

Directions:
1. Slide pineapple, strawberries, and grapes onto skewers.
2. Mash thawed raspberries into bowl and mix with vanilla yogurt and pineapple juice.

Serves 6
170 calories, 1 g fat, 0 g saturated fat, 40 g carbohydrate, 4 g fiber, 3 g protein, 30 mg sodium
Source: Linus Pauling Institute