

Fruit Kabobs

DIRECTIONS

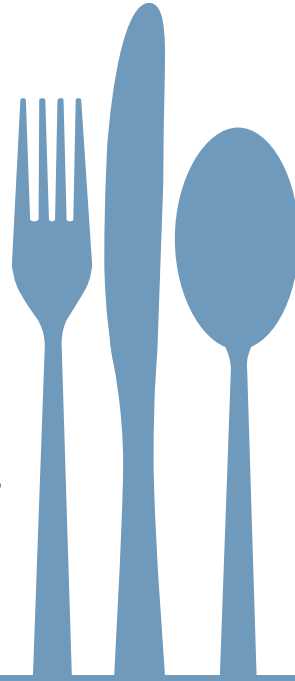
1. If you use toothpicks you will only put about 3 pieces of fruit per stick. A kabob will allow you to put 6-8 pieces depending on the length of the stick.
2. Alternate fruit on the toothpick or kabob.
3. Keep in the fridge until ready to serve.



Did you make this recipe at home? Post on facebook with #CookingWithCHA and tag @CabarrusHealthAlliance.

INGREDIENTS

- Toothpicks OR Kabob sticks
- Orange slices
- Apple chunks or slices
- Pineapple chunks
- Grapes
- *You can use any fruit combination you like but try to choose fruits that are in season.*



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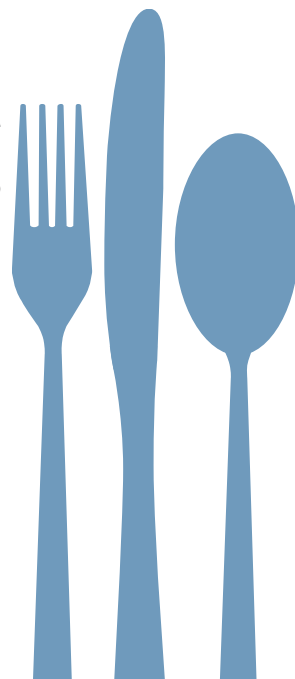
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Tomato Basil Skewers

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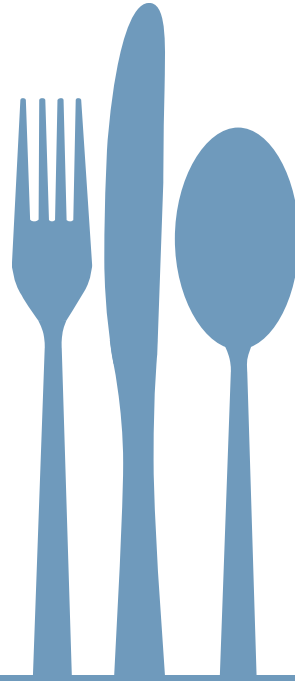
1. Alternate 1 cherry tomato, 1 basil leaf folded in half, and 1 piece of mozzarella per toothpick. Repeat until one container of cherry tomatoes has been used.
2. Place skewers on serving platter and drizzle with balsamic glaze.
3. Keep in the fridge until ready to serve.



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INGREDIENTS

Toothpicks
Cherry tomatoes
Basil
Mozzarella pearls or fresh mozzarella cut into 1 inch pieces
Balsamic glaze



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