

Grilled Fruit Kebabs with Balsamic Drizzle

Threading fruit on skewers is a fun way to get kids to help in the kitchen. A balsamic-honey glaze makes this a delicious side dish or dessert.

Ingredients

 **Servings** 4 **Serving Size** 2 kebabs per serving

- 1 pound hulled strawberries
- 2 cups pineapple chunks
- 2 cups watermelon chunks
- 2 medium bananas, peeled and cut into thick pieces
- 2 tablespoons balsamic vinegar
- 1 tablespoon canola oil

OR

1 tablespoon corn oil
- 2 teaspoons honey

Directions

 **Tip:** Click on step to mark as complete.

Soak eight 9- to 12-inch wooden skewers for at least 10 minutes in cold water to keep them from charring, or use metal skewers. Set aside.

Preheat the grill on medium high.

Thread the fruit onto the 8 skewers in this order: strawberry, pineapple, watermelon, banana, strawberry, pineapple, watermelon, and banana. Transfer the skewers to a platter or baking sheet.

In a small bowl, using a fork, whisk together the vinegar, oil, and honey. Using a basting brush, brush about half the vinegar mixture over the fruit to glaze it.

Grill the kebabs for about 8 to 10 minutes, or until the fruit is caramelized, turning the kebabs several times and basting with the remaining vinegar mixture.

Quick Tips

Tip: Choose a firm watermelon that is heavy for its size, with no bruises. cuts, or dents. It should have a yellow spot on it, called the "ground spot."

 Calories

201 Per Serving

 Protein

 Fiber

2g Per Serving

5g Per Serving

Nutrition Facts

Calories	201
Total Fat	4.5 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	2.5 g
Cholesterol	0 mg
Sodium	5 mg
Total Carbohydrate	43 g
Dietary Fiber	5 g
Sugars	30 g
Protein	2 g

Dietary Exchanges
3 fruit, 1 fat

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