

Grilled Fruit Kebabs with Balsamic Drizzle

Serves 4

Ingredients:

- 8 skewers
- 2 cups of pineapple chunks
- 2 cups of watermelon chunks
- 2 banana (peeled, cut into thick chunks)
- 1 package of strawberries

Glaze:

- 2 tablespoon balsamic vinegar
- 2 teaspoon honey
- 1 tablespoon canola oil



Directions:

1. If using wooden skewers, soak them in water for at least 30 minutes.
2. Prepare a grill to medium-high heat.
3. Thread fruit onto the 8 skewers, aiming for 2 pieces of each fruit per skewer: strawberry, pineapple, watermelon, banana, strawberry, pineapple, watermelon, and banana.
4. In a small bowl, mix vinegar, honey, and oil. Brush half of the mixture into fruit.
5. Add fruit kebabs to the grill. Baste with remaining balsamic mixture, until fruit is caramelized about 8 to 10 minutes.

Nutrition Information per serving (1 kebab):

Calories: 199, Total Fat: 4.1 g, Saturated Fat: 0.3 g, Unsaturated Fat: 3.4 g, Cholesterol: 0 mg, Sodium: 5.2 mg, Carbohydrate 43.1 g, Fiber: 5.3 g, Total Sugar: 29.9 g, Added Sugar: 0 g, Protein: 2.4g

SOURCE: <https://recipes.heart.org/en/recipes/grilled-fruit-kebabs-with-balsamic-drizzle>
