

Fruit and cheese kabobs



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing staff

About this recipe

Serves

8

Serving size

1 skewer

Time to make

30 minutes preparation

Special criteria

[Vegetarian recipes](#)

Ingredients

- 8 12-inch wooden skewers
- 2 cups cantaloupe, cubed
- 2 cups pineapple chunks, canned or fresh
- 2 kiwis, peeled and cut into eight chunk
- 16 strawberries, hulled
- 16 ounces part-skim mozzarella cheese

Directions

1. Wash, peel and prepare the fruit.
2. Cut the cheese into 32 cubes.
3. Slide pieces of fruit and cheese onto the skewer, alternating between the fruit and cheese. Use 4 pieces of cheese per skewer. Begin and end with strawberries.
4. Serve chilled.

Tips and variations

- Young children (under 4) should not be served food on wooden skewers. Serve the fruit and cheese in a bowl or cup, or create mini-skewers on pretzels.
- Try different kinds of fruit. Substitute fruit that is in-season such as watermelon or apple chunks.
- Try different kinds of cheese. Cheddar goes well with fruit but will have a higher fat content.

Nutritional info

Calories

219

Total fat

11.5 g

Saturated fat

6.4 g

Cholesterol

36.3 mg

Sodium

385 mg

Total carbohydrates

16.1 g

Dietary fiber

1.9 g

Protein

14.4 g

Total sugar

10.9 g

Allergens

Dairy

View other recipe categories

- [Beverages](#)
- [Breads](#)
- [Breakfast](#)
- [Main dishes](#)
- [Salads](#)
- [Seasonings and salsa](#)
- [Side dishes](#)
- [Snacks and sweets](#)
- [Soups](#)

You may also like

[Hot and sweet watermelon](#)

