

Grilled Fruit Skewers



Ingredients:

- 1 20 oz can pineapple chunks, drained
- 3 bananas
- 1 lemon or lime
- Ground cinnamon

Instructions:

1. Slice bananas similar in size to pineapple chunks.
2. Skewer banana and pineapple chunks. (if using wooden skewers, soak them in water before grilling)
3. Squeeze the lemon or lime over the fruit skewers.
4. Store covered in refrigerator until ready to grill.
5. Preheat grill to medium heat. Grill, 5-7 minutes, turning every few minutes.
6. Top each skewer with a dash of cinnamon, if desired.

Makes 6 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>