

Daily Dining Dilemmas



TIPS FOR MINDFUL EATING IN THE MIDST
OF TODAY'S CHAOS

Fruit Kabobs

Fun thing to do with left over fruit -Kabobs made with layered fruit, grilled and sweetened with honey and cinnamon.
This could be perfect for a "Quarantine Picnic" or potluck.

Ingredients

12 Skewers

2 Tablespoons Honey

1 Teaspoon ground cinnamon

4 cups assorted cubed fruit

1 teaspoon vanilla extract

1 Tablespoon canola oil

Directions

Wash your hands. Heat grill or grill pan to medium hot. Thread fruit cubes evenly onto the skewers. Alternating the fruit varieties. In a small bowl, mix together honey, vanilla extract and ground cinnamon. Lightly brush the kabobs with oil and place on grill. Cook for 3-5 minutes per side, basting with the honey mixture. Remove from grill and brush with any remaining honey. Serve Warm!

SOME OF THE BEST FRUITS FOR GRILLING INCLUDE PINEAPPLE, PEACHES, PLUMS, APRICOTS AND WATERMELON .
IF USING WOODEN SKEWERS, MAKE SURE TO SOAK THEM FOR AT LEAST 2 HOURS BEFORE GRILLING.

Adapted by Marsha Blair,

Source: eatright.org

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