



Fruit and Cheese Kabobs with Strawberry Dip



30 seedless grapes



30 pineapple chunks



30 watermelon balls



30 strawberry halves



30 cheese cubes, (Cheddar, Monterey Jack, and Mozzarella)



Fill each kabob skewer with fruit and cheese- Makes 30 kabobs- For added flavor top or dip in Strawberry-Yogurt Dip.



Strawberry-Yogurt Dip:



½ cup fresh strawberries



½ cup plain low-fat yogurt



1 tsp. honey



Combine ingredients in blender and mix until smooth.



Bean Salad:



In a medium sized bowl, mix:



- 2 cups drained cooked or canned beans
- ¼ cup finely chopped green pepper or celery
- 1 Tablespoon minced onion
- ½ cup peeled and chopped cucumber



Top with favorite Italian, vinaigrette or homemade dressing. Serve over washed and torn lettuce leaves with cherry tomatoes or radishes on the side.

