

# Heart Healthy Recipes from Gwinnett Medical Center



## Grilled Fruit Kabobs with Volcano Sauce

- Honeydew
- Strawberries
- Pineapple
- Red Delicious Apples
- Cantaloupe
- Pears
- Peaches
- 3/4 oz. Jalapeno Peppers
- 3 grams Margarine
- 1/4 oz. Clover Honey
- 1 Tbsp. Chili powder

### Preparation:

If you are using wooden skewers, soak them in water for 30 minutes.

1. Cut fruit 1.5 inches and place on skewers.
2. Combine honey, margarine and red chili powder in a blender
3. Remove the veins and seeds of the jalapenos, chop them and add to the blender. Blend for one minute.
4. Pour marinade over fruit kabobs and marinate for at least one hour turning the kabobs occasionally.
5. Preheat grill for medium heat and grill the kabobs on both sides until you see grill marks and the fruit is warm.
6. Brush with the same marinade before removing them from the grill.

Serves 6-8

**Per serving:** Calories 228, Total Fat 4.3g (sat 0.6g), Cholesterol 0mg, Sodium 108.1mg, Carbohydrate 49.9g, Fiber 6.2g, Protein 2.85g