Pineapple Skewers with Lemon Yogurt

Ingredients:
- 1 cored fresh pineapple, peeled and cut into cubes (canned pineapple chunks will also work)
- 2 Tablespoons lemon juice
- 1 6-oz container lowfat or nonfat vanilla yogurt
- Wooden skewers soaked in water for 20 minutes

Directions:
1. Soak wooden skewers in water for 20 minutes before use.
2. Preheat grill to medium heat (or preheat oven broiler).
Thread pineapple cubes on 6 small skewers that have been soaked in water as described. Drizzle with lemon juice.

Grill skewers on a grill rack coated with non-stick cooking spray over medium heat until brown (6–8 minutes), turning occasionally. You can also broil the skewers in your oven broiler instead, turning occasionally, until browned.

Let cool before removing pineapple from skewers.

Remove pineapple from skewers and cut into pieces no larger than ½-inch for small children (to prevent choking).

Serve with yogurt as a dip.