

# 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).



## Pineapple Skewers with Lemon Yogurt continued



### Directions (cont):

- 3** Thread pineapple cubes on 6 small skewers that have been soaked in water as described. Drizzle with lemon juice.
- 4** 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.
- 5** Let cool before removing pineapple from skewers.
- 6** Remove pineapple from skewers and cut into pieces no larger than ½-inch for small children (to prevent choking).
- 7** Serve with yogurt as a dip.

