

Kool Kiwi Kabob



Makes 35 servings
1 kabob per serving

INGREDIENTS

- 6 gold kiwi
- 6 green kiwi
- 6 mozzarella sticks
- 35 coffee stir sticks

PREPARATION

1. Give 1 coffee stick to each student.
2. Rinse kiwi.
3. Cut each kiwi length-wise and then cut each half into 3 pieces.
4. Cut each mozzarella stick into 6 pieces.
5. Have students assemble their kabobs; slide 1 green kiwi, 1 cheese piece, and 1 gold kiwi onto a coffee stick.
6. Serve immediately.

Nutrition information per serving: Calories 32, Carbohydrate 5g, Dietary Fiber 1g, Protein 1g, Total Fat 1g, Saturated Fat 0.25g, Trans Fat 0g, Cholesterol 3mg, Sodium 37mg



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