

Grilled Fruit with Strawberry Dip



Ingredients

8 oz part-skim ricotta cheese
2 Tbsp plain nonfat yogurt
 $\frac{1}{4}$ tsp dried, ground ginger
8 strawberries, halved
4 peaches, halved or quartered

8 pineapple chunks
4 plums, nectarines or papayas, halved
 $\frac{1}{4}$ C balsamic vinegar
2 tsp sugar

Nutrition Facts

Serving size: 1 skewer

Calories: 102
(18% from fat)

Fat: 2g (saturated 1g)

Carbohydrate: 18g

Protein: 4g

Cholesterol: 10mg

Fiber: 2g

Sodium: 40mg

Preparation

In a blender, puree cheese, strawberries, yogurt, and ginger together until smooth. Refrigerate the dip for 2 hours before grilling fruit.

When ready to grill fruit, thread pieces of prepared fruit onto 8 skewers. Mix together vinegar and sugar. Grill fruit until lightly browned, turning frequently and brushing with vinegar mixture during grilling.

Serve grilled fruit with dip on the side.

Source: American Institute for Cancer Research

Serves 8

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