



Watermelon Kabobs

Servings - 3-4 kabobs

Equipment Needed-

Knife, cutting board, 6-8 wooden skewers, rimmed baking sheet, plastic wrap, cheese grater or lemon zester, and a small bowl for drizzle

INGREDIENTS

- 1 small watermelon, approximately 7 lbs. (remove rind and cut into 1-2 inch squares)
- 3 cups seedless green grapes (washed and stem removed)
- 2 cups blueberries (washed)
- 1 lime
- 2 tablespoons sugar

NUTRITIONAL INFORMATION

Possible Allergens: citrus or fruit sensitivities

Health Benefits: Vitamins A, B6, and C. Low in potassium.

INSTRUCTIONS

- Add chunks of watermelon, grapes, and blueberries onto skewers.
- Place skewers onto baking sheet cover with plastic wrap and set in refrigerator for 30 minutes.
- To prepare drizzle, squeeze entire lime into bowl. Then, grate/zest rind off of lime and add to bowl with sugar. Allow to set for 10 minutes.
- Just before serving, drizzle or brush kabobs with lime syrup, and enjoy!

RECIPE SOURCE

<http://www.whatscooking.fns.usda.gov/>