

Bell Pepper & PINEAPPLE KABOB

A unique flavor with every bite. This Bell Pepper & Pineapple Kabob will trigger all your taste buds as you snack your way to satisfaction.



Nutrition Facts	
Serving Size (203g) Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	12%
Sugars 9g	
Protein 2g	
Vitamin A 15%	Vitamin C 130%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Prep time: 10 minutes
Cook time: 10 minutes
Serves: 6-8 People

INGREDIENTS:

- **16** red Cherry Tomatoes
 - **2** red Bell Peppers
 - **2** green zucchinis
 - **1** large red onion
 - **1** fresh pineapple
 - **¼ cup** olive oil
 - **½ tsp.** cayenne pepper
 - **8** wooden skewers
- Salt & pepper to taste

CHEF'S TIP:

To add protein to this recipe, add chicken or seafood to each skewer.

DIRECTIONS:

- Soak wooden skewers in water for 15 minutes.
- Preheat grill to medium heat on a lightly oiled grate.
- Cut Bell Peppers, zucchini, red onion and pineapple into chunks.
- Thread zucchini, red onion, Bell Pepper, Cherry Tomato, and pineapple onto a wooden skewer.
- In a small bowl, combine olive oil, cayenne pepper, salt and black pepper; set aside.
- Cook threaded skewers on the preheated grill until vegetables are tender. Rotate the vegetable skewers and brush the vegetables with the seasoned oil periodically.

NatureFresh
Farms

naturefresh.ca

