



Salad on a Stick (Large Font)

U.S.

For the Kebob:

1 cup	Cherry Tomatoes, washed	149 g
1 each	Cucumber, washed, cut into wedges	1 each
1 cup	Cheddar Cheese, low-fat, cubed	113 g

For the Dressing:

1/4 cup	Yogurt, Plain, low-fat	56.7 g
1/4 cup	Sour Cream, reduced fat	56.7 g
2 tsp	Parsley, fresh, chopped in hand chopper	2.4 g
1 tsp	Green Onion, chopped in hand chopper	2.1 g
1 tsp	Lemon Juice	5 mL
1/8 tsp	Garlic Powder	0.4 g
1/8 tsp	Salt, Kosher	0.75 g
to taste	Black Pepper, ground	to taste

Preparation:

For the Kebabs:

1. Gather all ingredients and equipment.
2. Cut the cucumber, tomato and cheese into bite sized pieces. You may use a knife or small cookie cutter to shape your vegetables into bite size pieces.
3. Slide vegetables and cheese onto skewers, alternating between vegetables and cheese.

For the Dressing:

1. Whip together the yogurt and sour cream.
2. Fold in the chopped herbs, lemon juice, and seasonings.
3. Cover and allow to chill for at least 10 minutes before serving.
4. Serve with kebabs and enjoy!

****Nutrition Facts on Reverse**

Nutrition Facts**Serving size****1 kebab****1 Tbsp dressing****Servings****10****Calories**

90

Calories from Fat

40

Total Fat

4.5 g

Saturated Fat

3 g

Trans Fat

0 g

Monounsaturated

1 g

Cholesterol

15 mg

Sodium

215 mg

Carbohydrates

3 g

Dietary Fiber

0 g

Sugars

2 g

Protein

8 g

Vitamin A

4 %

Calcium

27 %

Vitamin C

4 %

Iron

0 %

Phosphorus

165 mg