



Salad on a Stick

U.S.

Metric

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	2.4 g
1 tsp	Green Onion, finely chopped	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 Fat	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
