



## California Fresh Fruit Kebobs with Lemon and Cayenne

### Recipe Summary:

Preparation Time: 15 minutes  
 Number of Servings: 12  
 Cups of Fruits and Vegetables Per Person: 1.00

### Ingredients:

6 ripe pluots, halved and pitted  
 6 ripe peaches, halved and pitted  
 6 ripe nectarines, halved and pitted  
 2 lemons, juiced  
 1 tsp cayenne pepper  
 mint sprigs (optional)

### Directions:

Cut each half of fruit into thirds. Place fruit in medium bowl, add lemon juice and cayenne pepper; mix well. Marinate fruit for 1 hour. On a skewer, alternate fruit wedges; chill. Garnish with mint sprig, if desired.

Nutrition Facts	
California Fresh Fruit Kebobs with Lemon and Cayenne	
Serving Size 1/12 recipe	
Amount Per Serving	
<b>Calories 70</b>	Calories from Fat 5
% Daily Value (DV)*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 13g	
<b>Protein 1g</b>	
Vitamin A	10%
Vitamin C	25%
Calcium	0%
Iron	2%
* Percent Daily Values are based on a 2,000 calorie diet.	

### Diabetic Exchange\*\*

Fruit: 1  
 Vegetables: 0  
 Meat: 0  
 Milk: 0  
 Fat: 0  
 Carbs: 0  
 Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.

This material was funded in part by USDA's Food Stamp Program and Expanded Food & Nutrition Education Program (EFNEP). The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Food Stamp office or call 1-800-430-3244.



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