

HAWAIIAN DIP WITH FRUIT KEBABS

Prep time: 30 minutes • Chill time: 30 minutes

The islands inspired this refreshing dip made with juicy pineapple and sweet coconut.

Dip

- 3/4 cup milk
- 1/2 cup sour cream
- 1 package (3.4 ounces) vanilla instant pudding and pie filling
- 1 can (8 ounces) crushed pineapple in juice, undrained (쥬스랑 같이)
- 1/2 cup sweetened flaked coconut, (다진) toasted, divided (팬에 한번 굽는다)
- 1 lime (1 teaspoon → 감관에 정갈하게 갈아서 1 teaspoon →)

Kebabs

- 6-8 cups assorted fruits such as apples, bananas and pineapple, cut into 1-inch chunks, cantaloupe and honeydew melon balls and whole strawberries and grapes

1. For dip, combine milk, sour cream and pudding mix in **Small Batter Bowl**; whisk until smooth.
2. Stir in pineapple with juice and 1/3 cup of the coconut. Zest lime using **Lemon Zester/Scorer** to measure 1 teaspoon zest. Juice lime to measure 1 teaspoon juice. Stir lime zest and juice into dip. Cover and refrigerate at least 30 minutes before serving.
3. For kebabs, alternately thread fruit onto twenty-four 6-inch wooden skewers. Spoon dip into serving bowl; sprinkle with remaining coconut. Serve with kebabs.

Yield: 12 servings

Nutrients per serving (3 tablespoons dip, 2 kebabs):
Calories 130, Total Fat 4 g, Saturated Fat 3 g,
Cholesterol 10 mg, Carbohydrate 24 g, Protein 2 g,
Sodium 140 mg, Fiber 2 g

Diabetic exchanges per serving (3 tablespoons dip,
2 kebabs): 1 1/2 starch, 1/2 fat (1 1/2 carb)

- To toast coconut, preheat oven to 350°F. Spread coconut onto **Small Bar Pan**. Bake 10-12 minutes or until light golden brown; cool completely.
- Cut apples into wedges using the **Apple Wedger** then cut into chunks with the **Paring Knife**.
- Cut bananas into chunks using the **Crinkle Cutter**, if desired.
- Scoop cantaloupe and honeydew into balls using the **Small Scoop**.
- Dip the apple and banana chunks into lemon juice to prevent browning. Use the **Juicer** to get the most juice from fresh lemons.

- 여러가지 과일 작게 썬다
- 긴 꼬챙이에 색다른채로 꽂는다
- Dip 예쁜 그릇에 담고 술자랑 하기 좋다
- 과일꼬치는 정식에 맞는다

Hawaiian Dip with Fruit Kebabs, Apple Berry Salsa (p. 18), Baked Cinnamon Chips (p. 19)

