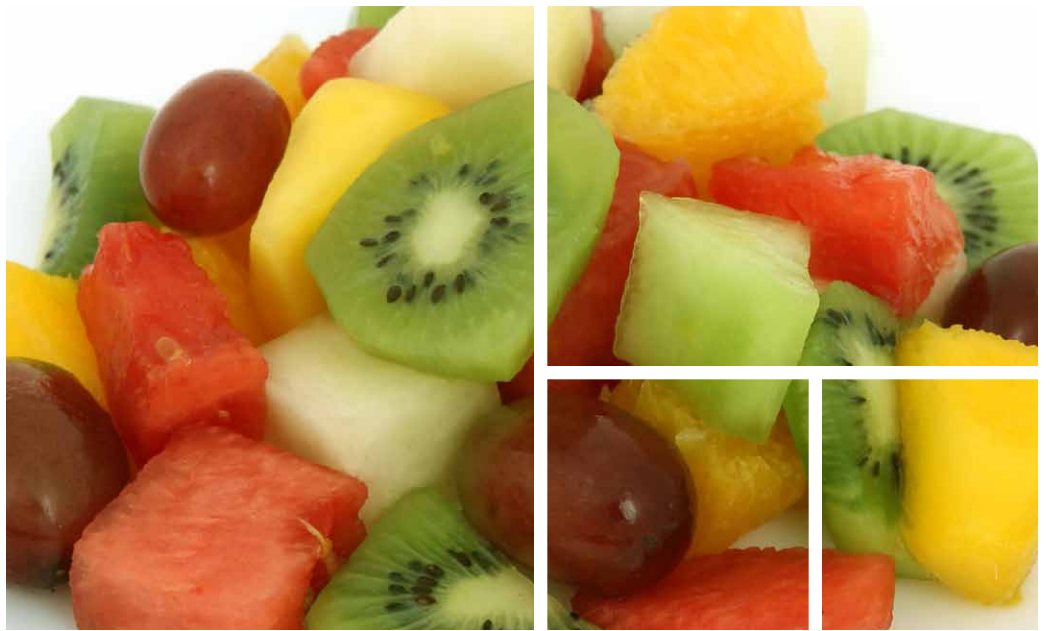


## FRUIT SKEWERS WITH MANGO SAUCE

Many Wallace, ACF  
Central Arkansas Chapter

SERVINGS PER RECIPE: 4



### Ingredients:

- 1/2 cup mango puree
- 1 tablespoon finely chopped mint leaves
- 1/2 cup low-fat plain yogurt
- 1/2 pineapple, peeled, cored and cubed
- 1 teaspoon sugar
- 2 kiwis, peeled and cubed
- 1 1/2 cups strawberries, hulled and cut in half

### Directions:

1. Mix mango puree, yogurt, sugar, and vanilla together.
2. Stir in mint.
3. Cover and refrigerate until needed.
4. Thread fruit onto 4 long or 12 short wooden skewers. Arrange on large serving tray with sauce bowl in center.

*Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions, and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit [www.acfchefs.org](http://www.acfchefs.org).*

| <b>Nutrition Facts</b> |  | Amount/serving  | %DV*      | Amount/serving        | %DV*       |
|------------------------|--|---|-----------|-----------------------|------------|
| Serving Size 216g      |  | <b>Total Fat</b> 1g   | <b>2%</b> | <b>Total Carb</b> 25g | <b>8%</b>  |
| Servings Per Container |  | Sat. Fat 0g   | <b>0%</b> | Fiber 3g              | <b>12%</b> |
| <b>Calories</b> 110    |  | Trans Fat 0g  |           | Sugars 3g             |            |
| Fat Cal. 10g           |  | <b>Cholest.</b> 0mg   | <b>0%</b> | <b>Protein</b> 19g    |            |
|                        |  | <b>Sodium</b> 25mg  | <b>1%</b> |                       |            |
|                        |  | *Percent Daily Values (DV) are based on a 2,000 calorie diet. |           |                       |            |
|                        |  | Vitamin A 25% • Vitamin C 180% • Calcium 10% • Iron 4%        |           |                       |            |



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