



Fresh & Fruity Hot Dog Skewers



1/2 of recipe (2 skewers): 172 calories, 2g total fat (<0.5g sat. fat), 880mg sodium, 26g carbs, 2.5g fiber, 18g sugars, 12g protein

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Prep: 10 minutes **Cook:** 10 minutes



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Ingredients

4 hot dogs with about 40 calories and 1g fat or less each (like Hebrew National 97% Fat Free), each cut into 5 pieces
16 cherry tomatoes
16 pineapple chunks

Directions

Alternately skewer hot dog pieces, tomatoes, and pineapple chunks onto 4 skewers.

Spray a grill pan with nonstick spray, and bring to medium-high heat. Cook skewers for 3 minutes.

Flip skewers. Cook until tomatoes and pineapple have softened and are slightly blackened, 3 - 4 more minutes.

MAKES 2 SERVINGS

HG Tip: If using wooden skewers, soak in water for 20 minutes to prevent burning.

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