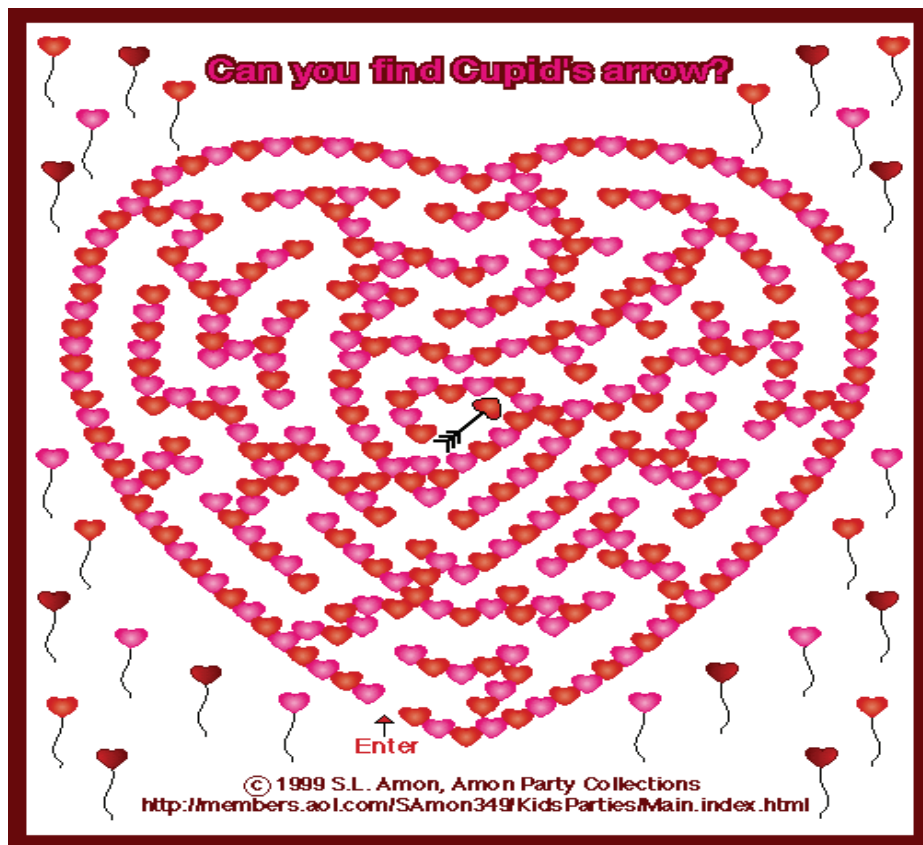


# February

## Happy Valentine's Day!

### 2010



## National Snack Food Month

### Grape-n-Cheese Mini-Kebabs

Makes 2 servings, Make one for your Valentine!

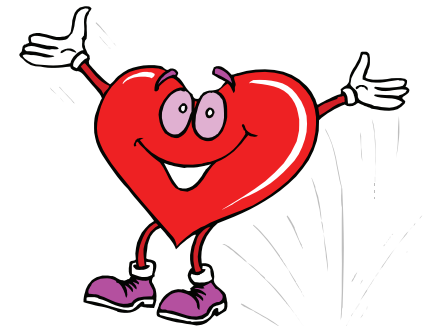
#### WHAT'S IN IT?

24 red or green grapes  
4 ounce chunk part-skim mozzarella cheese



#### STUFF YOU NEED

Small bowl  
Cutting board  
Cutting knife  
12 toothpicks  
2 snack plates



#### HOW TO PUT IT TOGETHER

- ~Measure out the grapes into a small bowl.
- ~Plop the cheese onto a cutting board.
- ~Cut the cheese with a cutting knife into 12 cubes—like dice!
- ~Slide 1 grape, 1 cheese cube and 1 more grape onto each toothpick.
- ~In clock-like style, lay out a spiral of the kebabs on 2 snack plates—2, 4, 6, 8, 10 and 12 o'clock!

#### WHY IT'S GOOD FOR YOU

200 Calories, 10 g Total Fat, 6 g Saturated Fat,  
12 g Total Carbohydrates, 16 g Protein, 8% Vitamin A,  
10% Vitamin C, 40% Calcium, 2% Iron

