

MAKES 6 SERVINGS

Eileen Campbell

*Greek salad on a stick —
how cool is that?*

TIP

Ranch dressing makes a good substitute for tzatziki sauce, and children might prefer it.

Greek Veggie Kabob

• **Preparation time: 5 minutes**

6	grape or cherry tomatoes	6
12	1/2-inch (1 cm) slices English cucumber	12
12	1/2-inch (1 cm) cubes feta cheese	12
12	1/2-inch (1 cm) squares red bell pepper	12
6	black olives, pitted	6
1/3 cup	tzatziki sauce (store-bought or see recipe, page 59)	75 mL

1. Thread ingredients onto skewers in the following order: 1 tomato, 1 slice cucumber, 1 cube cheese, 1 square red pepper, 1 slice cucumber, 1 cube cheese, 1 square red pepper, 1 olive.
2. Serve with tzatziki sauce for dipping.

 **KID APPROVED**

**Diabetes Food Choice
Values Per Serving**

1/2	Meat & Alternatives
1/2	Fat

NUTRIENTS Per Serving

Calories: 56	Carbohydrate: 2.4 g	Calcium: 86 mg
Fat: 4.4 g	Fiber: 0.4 g	Iron: 0.3 mg
Sodium: 216 mg	Protein: 2.5 g	