



Grilled Fruit Tacos

Prep: 15 minutes plus soaking

Grill: 5 minutes • Serves: 4

- 4 (10-inch) wooden skewers
- ¼ cup brown sugar & cinnamon cream cheese, softened
- 2 tablespoons fresh orange juice
- 1 tablespoon granulated sugar
- 1 teaspoon ground cinnamon
- 2 kiwis, peeled and cut into 1-inch pieces
- 1 large ripe mango, peeled, pitted and cut into 1-inch pieces
- 1 cup halved strawberries
- Nonstick cooking spray
- 8 (4-inch) street taco flour tortillas
- ¼ cup sliced almonds, toasted
- 1 tablespoon chopped fresh basil

1. Soak skewers in water 30 minutes. In small bowl, stir cream cheese and orange juice; in separate small bowl, combine sugar and cinnamon.

2. Prepare outdoor grill for direct grilling over medium heat. Alternately thread kiwi, mango and strawberries onto skewers; lightly spray with cooking spray. Lay tortillas on work surface; lightly spray with cooking spray and sprinkle with cinnamon-sugar mixture.

3. Place fruit skewers on hot grill rack; cook 3 minutes, turning once. Place tortillas, cinnamon-sugar side down, on hot grill rack; cook 1 minute.

4. Remove fruit from skewers. Spread plain side of tortillas with cream cheese mixture; fill with fruit, almonds and basil.

Approximate nutritional values per serving:

339 Calories, 11g Fat (3g Saturated), 8mg Cholesterol, 470mg Sodium, 56g Carbohydrates, 5g Fiber, 25g Sugars, 8g Added Sugars, 8g Protein

Chef Tip

To toast almonds: In small skillet, cook almonds over medium heat 5 minutes or until lightly browned and fragrant, stirring frequently.

Dietitian's Dish

> If you want to cut back on added sugar, omit the cinnamon and sugar mixture sprinkled on the tortilla. Grilling intensifies the natural sweetness of the fruits.