



NASCAR COOKS! Race Day Recipe Contest

Winner – Week 5

Recipe Submitted by Sherry Tubbs from Princeton, Louisiana

RECIPE: Tubbs Tailgater's Fruit Kebob's

INGREDIENTS:

- 3 Tbsp. canola oil
- 3 Tbsp. lemon juice
- 3 Tbsp. brown sugar
- 1 Tbsp. ground cinnamon
- 2 bananas, peeled and cut into 1-inch pieces
- 2 peaches or nectarines, pitted and cut into 1-inch pieces
- Four 1-inch slices pineapple (canned or fresh) cut into chunks
- 2 pears, pitted and cut into 1-inch pieces
- 2 apples, cored and cut into 1-inch pieces

INSTRUCTIONS:

- Stir the oil, lemon juice, brown sugar and cinnamon in a small bowl until the sugar dissolves.
- Thread various kinds of fruit alternately onto 8 skewers.
- Brush kabobs with the oil mixture and place on the grill over medium heat.
- Turn frequently until fruit begins to brown, about 6-8 minutes.
- Remove from grill and let cool briefly.
- Serve warm to room temperature.

- This is a good recipe to get your kids involved in preparing something they will love and be nutritious at the same time. You will get your daily allowance of fruit from just one recipe.
- If you are preparing for a pit crew, just double or triple the recipe.