

Muenster Monster Kabobs

From the National Dairy Council

<http://www.nationaldairycouncil.org/Recipes/Pages/Muenster-Monster-Kabobs.aspx>

Ingredients

- 8 oz. low-fat Muenster cheese
- Peppercorns
- 1 small bunch of parsley
- 1 cup blackberries
- 1 cantaloupe
- 2 oz. reduced fat cheddar cheese
- Skewers
- Pumpkin (optional, to use as centerpiece to stick kabobs in)

Instructions

1. Cut ghost shapes out of the Muenster cheese. Place peppercorns in the head of ghost to resemble eyes.
2. Cut cheddar cheese into small wedges.
3. Make melon balls with cantaloupe. Use a toothpick to make a tiny hole on the top of each ball, and place a small piece of parsley in the hole to resemble a pumpkin stem.
4. Alternate ghost, blackberry, cantaloupe pumpkin, and cheddar cheese wedges on skewers. Stick skewers in pumpkin for display if desired.

Makes 8 servings

Nutrition information per serving:

Calories	140
Carbohydrate	9 g
Protein	10 g
Total Fat	7 g
Saturated Fat	4 g
Sodium	250 mg
Calcium	25% Daily Value

