

# WEIGHT LOSS IDEAS

## Beautiful, Nutritious Kiwifruit: Pick Of The Season

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(NAPSA)—The fuzzy, succulent, delicious kiwifruit is just bursting with nutrition and flavor. As beautiful as it is tasty, with its gorgeous brown rind and luscious green, seeded fruit, the kiwifruit can add zest to any meal.

To promote the nutritional benefits of fresh produce this winter, Weight Watchers® continues Pick of the Season, a public health initiative spotlighting seasonal fruit and vegetables, with recipes for kiwifruit.

Kiwifruit packs a lot of punch. Two medium kiwifruit contain a whopping 235 percent of the recommended daily allowance for vitamin C and are also high in fiber, and a good source of potassium and vitamin E. Kiwifruit makes a satisfying snack that can help fill you up because it's a high-volume, low-energy-density fruit that's low in calories—just a mere 0.6 calories per gram and zero grams of saturated fat.

Like so many Weight Watchers recipes, Shrimp and Kiwifruit Skewers reflect the food values inherent in the Weight Watchers philosophy—that eating should be satisfying as well as healthy. To learn more, visit [WeightWatchers.com](http://WeightWatchers.com) or call (800) 651-6000.

### Shrimp and Kiwifruit Skewers (Makes 2 servings)

#### Ingredients

- 2 tablespoons low-sodium soy sauce
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- ¼ teaspoon dried basil leaves
- ¼ teaspoon dried cilantro
- Grated zest of 1 lemon



Scoop the sweetness. Kiwifruit is a luscious, low-calorie way to add zest to any meal.

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- 2 garlic cloves, crushed
  - 12 large shrimp, peeled and deveined
  - 4 medium kiwifruit, pared and quartered

#### Preparation

1. To prepare marinade, in large zip-top bag combine soy sauce, oil, lemon juice, basil, cilantro, lemon zest and garlic. Add shrimp; seal bag and turn to coat.

2. Spray rack of barbecue grill with nonstick spray made for grilling; preheat grill to medium following manufacturer's directions. Drain shrimp; reserve marinade. Onto each of 4 metal skewers (or bamboo skewers that were soaked in water for 1 hour), alternately thread 4 kiwifruit quarters and 3 shrimp.

3. Brush kiwifruit and shrimp with remaining marinade; place on prepared grill rack. Grill, turning occasionally, until shrimp are pink and cooked through, 6-8 minutes.

*POINTS*® value per serving: 5, 242 calories, 9g fat, 4.5g fiber