



Fresh & Fruity Hot Dog Skewers



1/2 of recipe (2 skewers): 172 calories, 2g total fat (<0.5g sat fat), 880mg sodium, 26g carbs, 2.5g fiber, 18g sugars, 12g protein

Green Plan [SmartPoints](#)® value 2*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

Prep: 10 minutes **Cook:** 10 minutes



More: [Recipes for Sides, Starters & Snacks](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

4 hot dogs with about 40 calories and 1g fat or less each (like Hebrew National 97% Fat Free), each cut into 5 pieces
16 cherry tomatoes
16 pineapple chunks

Directions

Alternately skewer hot dog pieces, tomatoes, and pineapple chunks onto 4 skewers.

Spray a grill pan with nonstick spray, and bring to medium-high heat. Cook skewers for 3 minutes.

Flip skewers. Cook until tomatoes and pineapple have softened and are slightly blackened, 3 - 4 more minutes.

MAKES 2 SERVINGS

HG Tip: If using wooden skewers, soak in water for 20 minutes to prevent burning.

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.