



"Caterpillar" kebabs everyone will enjoy



These nutrient-packed sausage, potato and cucumber skewers boost brainpower, immunity and more

During the fast-paced days of fall, busy kids can miss out on the nutrients they need to stay focused and healthy. The tasty solution: These super-simple, playful kebabs. "The skewers make it so easy for go-go-go kids to eat healthfully—there's no need to slow them down with utensils," says parenting expert Tracey Frost, mother of two and cofounder of the family site CitiBabes.com. "Plus, the flavors aren't too exotic, yet the snack is loaded with a wide variety of essential nutrients." The potatoes and tomatoes contain a healthy serving of immunity-boosting vitamin C, as well as vitamin B₆ to improve focus and brain function. And the turkey sausage offers energizing, appetite-quenching lean protein, while the cucumber provides bone-healthy vitamin K. It's a powerhouse meal sure to have kids and grown-ups alike feeling rejuvenated after chowing down. Hint: You can liven up these skewers for adult palates by swapping roasted bell peppers and zucchini for the cucumbers. 🍴

Brain-Boosting Caterpillar Skewers

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| 5–6 small red potatoes | ½ cup low-fat plain yogurt |
| 16 mini turkey-sausage links | 3 Tbs. milk |
| 1 large cucumber, cut into ¼"-thick slices | 4 Tbs. ketchup |
| 4 cherry tomatoes | 24 chives, cut into 1"-long sections |
| | Salt and pepper |

- 1 Peel potatoes and cut in half. In saucepot filled with enough water to cover, bring to a boil and cook until tender. In skillet, cook turkey sausage until heated through.
- 2 Slide potatoes, turkey sausage and cucumbers onto skewers. Place 1 tomato on end of each skewer; draw on cream cheese or yogurt smiley face, if desired.
- 3 Combine plain yogurt, milk and ketchup; drizzle sauce over each skewer.
- 4 Insert chives into tops of kebabs. Sprinkle with salt and pepper to taste.

Prep time: 15 min. Total time: 20 min. Serves: 4