



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

[Click for WW Points® value*](#)

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



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

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.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.