

Grilled Banana Skewers with Chocolate and Pistachio Stuffed Dates

8 Medjool dates
2 Tbs. shelled pistachios, coarsely chopped
4 tsp. chocolate chips
2 tsp. walnut oil
2 tsp. thawed orange juice concentrate
½ cup nonfat plain Greek yogurt
2 medium bananas, each cut into 6 chunks

Open but do not split in half each date and remove pit. Combines pistachios and chocolate chips in a small bowl.

Blend walnut oil and orange juice concentrate in another small bowl. Stir 1 tsp. orange juice mixture into chocolate chip mixture. Spoon chocolate chip mixture into each date cavity, and press sides of dates together to seal.

Combine remaining orange juice mixture with yogurt in small bowl, and set aside.

Thread each of 4 skewers with 3 banana chunks and 2 chocolate chip stuffed dates, making sure dates lie oblong on skewer.

Oil grill grates and preheat grill to medium place skewers on edges of grill away from direct heat, and cook 2 to 3 minutes or until bananas are tender but still hold their shape. Serve with Yogurt sauce