

Fresh fruit salad with honey lime dressing

Makes about 8 servings

Ingredients

3 cups diced melon (cantaloupe, honeydew, or watermelon)
1 1/2 cups sliced strawberries
1 1/2 cups diced pineapple
1 cup blueberries
1 cup halved grapes
1/2 cup pomegranate arils



Dressing:

1/4 cup honey
3 tablespoons lime juice
2 teaspoons poppyseeds
1 teaspoon lime zest (optional)

Instructions: Toss together fruits in a large bowl. In a separate smaller bowl, whisk together dressing ingredients. Pour over fruit and toss to combine.

Modifications: substitute pineapple canned in own juice for fresh, thawed frozen strawberries or blueberries for fresh, substitute raspberries for other berries, use brown rice syrup or agave instead of honey, add fresh herbs like basil or mint

Nutrition info (per serving): 70 calories, 0g fat, 9mg sodium, 17g carb, 6g fiber, excellent source of vitamins A and C, good source of calcium.



University Health Center

Student Affairs

UNIVERSITY OF GEORGIA

