



RECIPE:

Green Fruit Salad

Number of Servings: 1

Ingredients:

- 1/3 c. kiwi, peeled and chopped
- 1/3 c. honeydew melon, diced
- 1/3 c. grapes, quartered

Directions:

1. Wash hands with soap and water.
2. Rinse produce with cool running water before peeling and chopping.
3. Mix all ingredients together and serve immediately.
4. Store leftovers in a sealed container in the refrigerator.

Options:

- Make a parfait by layering the Green Fruit Salad with 1 (6 oz.) container of low-fat yogurt of your choice. If desired, top with cereal or granola.
- Make green fruit kabobs by placing small pieces of fruit from the Green Fruit Salad on skewers. If desired, place yogurt in a small cup for dipping.

Nutrition Info:

Nutrition Facts	
1 servings per container	
Serving size	1 cup
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	11%
Total Sugars 18g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 29mg	2%
Iron 0mg	0%
Potassium 413mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe Credit: Nebraska Extension