

category: SALADS

Fresh Fruit Salad

HOW TO PICK RIPE FRUIT

Pinch it? Smell it? Squeeze it? Never know quite what to do when picking out fruit in the market? Here's our quick guide:

APPLES- should be firm and crisp! Try Granny Smith, McIntosh and Red Delicious, which are the most popular varieties.

BANANAS- go from green to yellow as they ripen. And remember, they're tropical, so don't put them in the fridge.

GRAPES- the stems should be soft and bendable, and the grapes themselves should be nice and plump.

KIWI- a cool looking fruit from New Zealand, their brown, hairy skin should be firm and not too soft.

PEACHES- look for a slightly soft skin with colors of red, cream and yellow. Avoid brown bruises!

ORANGES- should be firm and heavy (meaning lots of juice!) and have a bright smooth skin.

PEARS- look for pears that are slightly soft but avoid ones that have any brown spots.

STRAWBERRIES- best in May and June, look for bright red fruit with the "cap" stem attached. Medium sized berries usually have better flavor than the big ones!



NUTRITION INFO

FOR 1 SERVING

Calories	239
Calories From Fat (76%)	182
Total Fat 20.76g	32 %
Saturated Fat 2.81g	14 %
Cholesterol 0.00mg	0 %
Sodium 73.58mg	3 %
Potassium 636.75mg	18 %
Carbohydrates 13.33g	4 %
Dietary Fiber 4.20g	17 %
Sugar 6.39g	
Sugar Alcohols 0.00	
Net Carbohydrates 9.13g	
Protein 2.73g	5 %

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WHAT YOU'LL NEED:

Juice of 1 lemon
¾ cup chopped walnuts
8 oz. flavored low-fat yogurt,
OR plain yogurt with 2-3 Tbsp. honey

Assorted varieties of fresh & ripe fruit, at least 5 cups total. We used the following:

Strawberries	Oranges
Peaches	Assorted Berries
Bananas	Kiwi

Other good choices are apples, grapes, pineapples, mangoes & pears.

TOOLS FOR THE JOB:

Cutting Board & Knife
Plastic or Wooden Spoon
Colander

SKILL LEVEL:



Makes 2 Servings
Total Time:
about 25 minutes

Fruit salad is great for breakfast, lunch or even as healthy dessert. By adding walnuts you'll add more protein along with important heart healthy oils.

THE STEPS

- Wash and dry fruits, peel those with a peel.
- Slice each fruit into bite-sized chunks.
- When fruit is prepped, toss with lemon juice (it helps keep the fruit fresh and adds a layer of flavor).
- Toss with yogurt and chopped walnuts.



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