

Wellness Corner

Radiance Fruit Salad

Salad

- 1/3 cantaloupe, cut into 3/4-inch chunks (about 2 cups)
- 1-16oz container strawberries, quartered (about 3 cups)
- 5 med kiwis, peeled and cut into 3/4-inch chunks (about 2-1/2 cups)

Dressing

- 3 T honey
- 3 T fresh lime juice
- 1 t lime zest
- 3 T finely chopped fresh mint leaves



Instructions

1. Place all of the fruit into a large bowl.
2. In a small bowl, whisk the honey, lime juice, zest and mint.
3. Right before serving, pour the dressing over the fruit and toss gently to combine.

Calories: 120 Protein: 2 g Carbohydrates: 29 g Dietary Fiber: 4 g Fat: 0.5 g Sat fat: 0 g
Cholesterol: 0 mg Sodium: 10 mg

Recipe and photo from: www.foodnetwork.com/recipes/ellie-krieger/radiance-fruit-salad-recipe.html

Visit the Wellness Your Choice Milwaukee link on the DER website for an electronic copy.



Workforce Health