



Fresh Grape Salad



Yield 5 Servings

Ingredients:

- 1/4 Pound seedless green grapes
- 1/4 Pound seedless red grapes
- 1/2 Pound strawberries, sliced
- 3 Fresh peaches, peeled, and chopped
- 1 Apple sliced
- Juice of one lime
- Juice of 2 oranges
- 1/2 Tsp. ground ginger

Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition
Rev. 1/2010

Preparation:

Combine chopped and sliced fruits in a large serving bowl; toss gently. Whisk together remaining ingredients in a small bowl. Pour over fresh fruit and toss gently to combine.

Nutritional information per serving:

Calories 110, Fat 0gm, Saturated fat 0gm, Carbohydrates 29gm, Fiber 4gm, Sodium 5mg

Source: southernfood.about.com/od/fruitsalads



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