

Tropical Fruit Salad

Bring a taste of the tropics to your fruit salad with this recipe.

Ingredients:

20-ounce can pineapple chunks canned in juice

2 kiwi, peeled, halved and sliced

2 cups strawberries, quartered

1 large banana, sliced

1 papaya or mango, peeled and cubed (or substitute an 11-ounce can of mandarin oranges, drained)

1/2 teaspoon finely grated lime zest or peel

2 tablespoons lime juice

1 1/2 tablespoons honey

1/3 cup unsweetened or sweetened shredded coconut (optional)

Preparation: 1. Drain pineapple chunks, and reserve 1/4 cup of the pineapple juice. 2. Add pineapple chunks, kiwi, strawberries, banana, and papaya or mango to large serving bowl. 3. Put 1/4 cup pineapple juice, lime peel, lime juice and honey in a 2-cup measure and whisk together until nicely blended. Drizzle over the salad, and toss to coat the fruits well. Sprinkle coconut over the top before serving, if desired.

Yield: About 7 cups, 1 cup serving @ 1 point, 3 points plus

Nutritional Information: Per cup: 101 calories, 1.2 g protein, 25 g carbohydrate, 0.6 g fat, 0 g saturated fat, 0 mg cholesterol, 3 g fiber

