

# **Green Fruit Salad**





The University of Nebraska does not discriminate based upon any protected status. Please see go.unl.edu/nondiscrimination. © 2019



# **Green Fruit Salad**

# 1 Serving

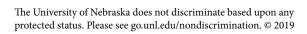


The University of Nebraska does not discriminate based upon any protected status. Please see go.unl.edu/nondiscrimination. @ 2019



# **Green Fruit Salad**







# **Green Fruit Salad**





The University of Nebraska does not discriminate based upon any protected status. Please see go.unl.edu/nondiscrimination. © 2019





## Green Fruit Salad

# 1 Serving

Ingredients:

 1/3 c. kiwi, peeled and chopped

• 1/3 c. honeydew melon, diced • 1/3 c. grapes, guartered

### 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.

## Green Fruit Salad

Ingredients: 1/3 c. kiwi, peeled and

• 1/3 c. honeydew melon, diced

1/3 c. grapes, guartered

#### Directions:

chopped

- 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.

Green Fruit Salad	1 Serving		Green Fruit Salad	1 Serving	
<ul> <li>1/3 c. kiwi, peeled and chopped</li> </ul>	• 1/3 c. honeydew melon, diced	• 1/3 c. grapes, quartered	<ul> <li>1/3 c. kiwi, peeled and chopped</li> </ul>	• 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.

### 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.

## 1 Serving