

Green Fruit Salad

Nebraska Seasonal Produce Guide

1 Servings



EXTENSION

Health & Wellbeing



Ingredients

- 1/3 cup chopped kiwi, gently rubbed under cold running water
- 1/3 cup diced honeydew, scrubbed with a clean vegetable brush under running water
- 1/3 cup quartered grapes, gently rubbed under cold running water

Instructions

1. Wash hands with soap and water.
2. Place cut-up fruit in a cup or bowl.
3. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving (1 recipe): Calories 90, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 15mg, Total Carbohydrates 23g, Fiber 3g, Total Sugars 18g, includes 0g Added Sugars, Protein 1g, Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 8%



LEARN MORE AT **FOOD.UNL.EDU**

The University of Nebraska does not discriminate based upon any protected status. Please see <https://nebraska.edu/nondiscrimination>. This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. ©2026