TROPICAL FRUIT SALAD

Culinary Intro:	Refreshing and naturally sweet, this tropical fruit salad makes a great addition to cookouts or picnics.
Nutrition Intro:	Nutrition Intro

Prep time: 20 minutes
Ingredients for 12 servings
Each serving= ½ cup
Cost per serving=$0.48

- ¼ small pineapple, peeled, cored, and cut into cubes (about 2 cups)
- 2 large mangoes, peeled and cut into cubes
- 2 kiwis, peeled and sliced into half-moons
- 1 orange
- ¼ cup fresh mint leaves
- ¼ cup toasted unsweetened coconut chips

Steps:

1. Combine the pineapple, mango and kiwis and spread out on a plate or combine in a large bowl.
2. Slice the orange in half and squeeze the juice over the mixed fruit. Let chill for at least half an hour.
3. Right before serving, gently tear the mint leaves and stir through the fruit. Top with the toasted unsweetened coconut chips.

To toast coconut, spread evenly on a baking sheet. Toast in a preheated 350°F oven for 7-8 minutes or until golden brown, stirring every few minutes.

Nutrition Facts

Serving Size 1/2 cup (102g)
Servings Per Container 12

Amount Per Serving	
Calories 70	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 12g	
Protein 1g	
Vitamin A 15%	Vitamin C 80%
Calcium 2%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Culinary/ Nutrition Notes for Demo:

1

Culinary:

- demo: how to peel and core pineapple
- choose a pineapple that is fresh looking with green leaves in the crown
- the body should be firm and the skin should be wrinkle-free
- a pineapple does not ripen after picking
- the stem end has the highest sugar content of the fruit
- do not purchase pineapples with a vinegary smell: this is an indication that the pineapple is overripe and starting to rot
- store fresh pineapple in the refrigerator if not slicing the day of purchase

2

Culinary:

- demo: how to peel and slice mango
- color is not an indication of the sweetness of mango
- to choose a ripe mango, squeeze it gently; it should give slightly (similar to peaches or avocado)
- the stem end may also have a fruity aroma

3

Culinary:

- kiwi has a tangy, sweet sour taste with and can have yellow or green fruit
- to select kiwi, look for firm, unblemished fruit
- squeeze the kiwi gently; if it gives to slight pressure, it is ripe
- if the kiwifruit is firm, allow to sit on the counter next to a banana for a few days and it will ripen
- store ripe kiwis in the refrigerator

4

Culinary:

- To toast coconut, spread evenly on a baking sheet. Toast in a preheated 350°F oven for 7-8 minutes or until golden brown, stirring every few minutes.
- the mint and orange juice add a fresh aroma and enhance the sweetness of each fruit

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Clean-up/Review comments

Culinary/ Cook Once, Eat Twice:

Prepare this fruit salad in the morning that it will be served. Eat within 2 days of preparation.

Materials	Shopping List
1. 1 cutting board 2. 1 knife 3. 1 large bowl for trash 4. 3 large mise en place bowls 5. silicone spatula 6. measuring cups 7. measuring spoons 8. paper plates/ cups/ soufflé cups 9. paper towels 10. tablecloth 11. kitchen towel 12. gloves 13. copies of recipe	**Produce** 1 medium-sized pineapple 2 large mangos 2 kiwifruits 1 orange 1 small bunch fresh mint **Dry Goods** unsweetened coconut chips **Paper Goods** bowls, forks, napkins

Prepping for demo:

- Shop for ingredients/ Ensure all ingredients are available
- Rinse & dry produce
- Prep & store for demo as requested in recipe
- Label all mise en place items
- Make sure to leave a portion of the produce intact for demo purposes
- If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time
- Ensure all equipment is in place and set up table with a tablecloth
- Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe

Estimated time for preparation: ½ hour