



Fruit Salad

4 Servings • 1 Serving = $\frac{1}{4}$ Cup

INGREDIENTS

2 cups your choice of mixed fruit, such as:

- Green or red grapes
- Strawberries, destemmed and quartered
- Blueberries
- Papaya, cubed
- Mango, cubed
- Mandarin orange slices, if using canned, rinse and drain
- Pineapple cubes, if using canned, rinse and drain

Herbs, to taste:

- Basil
- Mint
- Lavender
- Cilantro
- Edible flowers

Dressing:

- Juice from 1 lemon or lime
- Optional: 1 - 2 teaspoons of honey or agave

DIRECTIONS

1. In a large bowl, combine 2 cups of your choice of fruit.
2. Top the fruit mixture with herbs and stir to combine.
3. In a small bowl, whisk the citrus juice with honey or agave. Mix well to combine.
4. Top the fruit mixture with the dressing.

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