

5 A Day Recipes

Salads

Mango and Melon Salad with Strawberry Sauce

Serves 4

Salad

- 1 fresh mango, peeled and sliced into bite sized pieces*
- ½ cantaloupe, peeled and sliced into bite sized pieces
- ½ honeydew, peeled and sliced into bite sized

Strawberry Sauce:

- 1 ½ cups fresh strawberries, or partially thawed frozen strawberries
- 1 tablespoon lemon juice
- ¼ cup confectioners sugar

Place mango and melon pieces in a large serving bowl. In a blender, blend strawberries with lemon juice and sugar until smooth. Drizzle sauce over fruit salad and serve.

*How to peel and slice a mango: Slice each side of the mango vertically along the seed to

give two halves, and pull them apart. Hold one mango half peel side down and score the fruit down to the peel (but not through it) in a tic-tac-toe fashion. Hold the scored portion with both hands and bend the peel backward so that the diamond cut cubes are exposed. Cut cubes off peel, then remove any remaining fruit clinging to the seed. This is an official 5 A Day recipe, and provides four people with two servings of fruit each.

Nutritional Analysis

Calories: 177
Fat: 1 g
Cholesterol: 0 mg
Fiber: 4 g
Sodium: 29 mg