



Anytime Fruit Salad

INGREDIENTS:

1/4 cup vegetable oil
2 Tbsp. fresh lime or lemon juice
2 tsp. sugar
1/4 tsp. pepper
1/4 tsp. hot pepper sauce
1 tart apple, cut into thin wedges and halved
1/2 yellow bell pepper, cut into slices and halved
3 kiwi, peeled and sliced
1/2 cup each halved seedless red and green grapes
1/2 cup (2 oz.) coarsely chopped walnuts
1 cup (4 oz.) Mild Cheddar Cheese (Shredded)
Lettuce

DIRECTIONS:

Preparation Time: 25 minutes
Refrigeration Time: 30 minutes
Serves: 6
This recipe is a good source of Calcium.

Blend oil, lime juice, sugar, pepper and pepper sauce in small bowl; set aside.

Combine apple, bell pepper, kiwi, grapes and walnuts in large bowl. Add lime dressing; toss. Refrigerate 30 minutes. Toss with cheese. Serve on lettuce-lined salad plates.

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