

Summer Fruit Salad With Creamy Orange Dressing

Ingredients:

1 medium orange
1/2 cup small-curd cottage cheese
2 tsp. balsamic vinegar
1 teaspoon cayenne pepper
1 cup blueberries
1 cup honeydew, diced
1/2 cup red grapes
1/2 cup pineapple chunks
1/2 cup peaches, sliced

6 small boston lettuce leaves
1 tablespoon dried coconut flakes

Directions:

1. Using a vegetable peeler, remove two 1-inch x 2-inch strips of zest from orange. Chop zest and set aside.
2. Slice off top and bottom of orange. Stand orange on one end and cut away peel and white pith.
3. Cut orange in half vertically and put one half aside. Holding other half of orange over bowl of mini food processor, slip knife between flesh and membrane on each side of segments to release flesh. Squeeze remaining membrane juice into bowl. Pulse processor 3 or 4 times to coarsely chop orange.
4. Add cottage cheese, vinegar, salt, and whirl until dressing is almost a smooth puree. Add chopped zest, 2 or 3 drops hot sauce, and whirl to combine.
5. In mixing bowl, add blueberries, melon, grapes, pineapple, and peach or nectarine. Mix fruit with 1/2 cup dressing. (Refrigerate leftover dressing up to 24 hours to use as dip for celery and carrot sticks or apple slices.)
6. Line platter with lettuce and spoon fruit salad on top. Cut remaining orange half crosswise and arrange slices around fruit salad. Sprinkle coconut on fruit salad.

Nutrition Facts

Serving Size (147g)
Servings Per Container 6

Amount Per Serving	
Calories 70	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 100mg	4%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 13g	
Protein 3g	
Vitamin A 10%	Vitamin C 45%
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

For more information, please contact:

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Source: aicr.org/healthyrecipes

