

Winter Jeweled Fruit Salad
by: Cooking Light, Big Book of Salads

Ingredients:

1/2 cup pomegranate seeds (1 pomegranate)
1/2 cup julienne-cut peeled jicama
1/3 cup sliced seeded kumquats (about 6 medium)
2 medium ripe mangoes, peeled and cut into thin slices
2 tangerines or clementines, peeled and sectioned
2 blood oranges, peeled and sectioned
1 pear, thinly sliced
2 tbsp fresh lime juice
2 tbsp honey
1/4 tsp ground red pepper
1/8 tsp coarse sea salt
Pinch of chili powder (optional)

Instructions:

1. Combine first 7 ingredients in a bowl, toss gently.
2. Combine lime juice, honey, pepper, and sea salt in a small bowl stirring with a whisk.
3. Stir in chili powder with #2 items, if using.
4. Pour lime mixture over fruit mixture, toss to gently coat.
5. Serve at room temperature.

Serves: 8

Vegetarian

Vegan - use maple syrup in place of honey

Calories: 118; Fat: .4g; Sat. Fat:.1g; Mono. Fat:.1g; Poly. Fat:.1g; Protein: 1.3g; Carb: 30g; Fiber: 4.2g; Chol: 0mg; Iron: .4mg; Sodium: 37mg; Calc 39mg

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