

Memorable Fruit Salad

Yield: 12 servings

Ingredients:

- 2 cups each whole fresh green and red grapes
- 1 quart fresh strawberries, washed, stemmed and halved
- 1 15-ounce can sliced peaches in light syrup—slices drained and quartered
- 1 8.25-ounce can apricot halves in light syrup—halves drained and quartered
- 1 20-ounce can chunk pineapple in its own juice, drained
- 2 bananas, sliced thick and coated with 2 tablespoons lemon juice
- 1 15.75-ounce can lemon pie filling
- 3 kiwi, sliced (optional)
- 1 cup toasted coconut (optional)

Procedure:

Combine first seven ingredients; add pie filling and toss lightly until fruit is well coated. Place in a flat serving dish, cover and chill for several hours or overnight. If desired, place sliced kiwi around edge and sprinkle coconut in center before serving.

provides about 225 calories, 3.5 grams of fat

A serving of this recipe provides 100 percent of the daily recommendation for vitamin C. If you want to reduce the calorie content, try using "light" reduced-sugar products. Reduce calories and fat grams further by omitting the coconut.



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