



Easy Fresh-Fruit Salad



Betty Crocker's Living with Cancer Cookbook and *Heart Healthy Cookbook* share a recipe! Purchased vinaigrette and feta cheese perk up a colorful fresh-fruit salad.

1 medium pineapple, cut into 1-inch chunks

1 pint (2 cups) fresh strawberries, sliced

1 pint (2 cups) blueberries

1 small bunch (2 cups) seedless green grapes

1 bunch leaf lettuce

½ cup raspberry vinaigrette dressing

3 to 4 ounces feta cheese, crumbled

1. Mix pineapple, strawberries, blueberries and grapes in large bowl.
2. Serve fruit mixture on lettuce. Drizzle with dressing. Top with cheese.

Makes 6 servings (1 1/2 cups each)

Nutrition Information:

1 Serving (1 Serving) Calories 170 (Calories from Fat 35), Total Fat 4 g (Saturated Fat 2 g, Cholesterol 15 mg, Sodium 400 mg, Total Carbohydrate 34 g (Dietary Fiber 4 g, Protein 4 g; **Percent Daily Value***: Calcium ; **Exchanges:** 2 Fruit; 1/2 High-Fat Meat; *Percent Daily Values are based on a 2,000 calorie diet