Monterey Jack Fruit Salad

Concentrated nutrition in a light and tasty side dish.

### INGREDIENTS

(Makes 4 Servings)

- 2 Kiwis, peeled and chopped 160g
- 1 Red Apple, cored and chopped 125g
- 20 Red Seedless Grapes 75g
- 1/4 Pineapple, cored, peeled, and chopped 170g
- 1 Orange, peeled and chopped 180g
- Honey 21g
- U.S. Monterey Jack cheese, cubed 225g
- Mint leaves To taste

### NUTRITIONAL CONTENT

Per 100g

- Calories 134kcal
- Total Fat 7g
- Saturated Fat 5g
- Trans Fat 0g
- Cholesterol 21mg
- Total Carbohydrates 12g
- Dietary Fiber 1g
- Sugars 9g
- Protein 6g
- Calcium 190mg
- Magnesium 14mg
- Phosphorus 117mg
- Potassium 157mg
- Sodium 0127mg
- Iron 0mg
- Vitamin A 251IU
- Vitamin C 32mg

### PREPARATION

1. In large bowl, mix all ingredients except Monterey Jack cheese and mint.
2. To keep Monterey Jack cheese firm, mix it in just before serving.

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2014 U.S. Dairy Export Council.