

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.
3. Serve in small bowls with mint leaf garnish.

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.