

Kenny Canned Pineapple's Honey Lime Fruit Toss

This is a really great fruit salad to serve any time of the day or year. Have fun seeing how many colors of the rainbow you can add to this salad.

Ingredients:

- 1 (20-ounce) can DOLE® Pineapple Chunks
- 1 (11-ounce) can DOLE Mandarin Oranges, drained
- 1 large DOLE Banana, sliced
- 1 DOLE Kiwifruit, peeled, halved and sliced
- 1 cup DOLE Strawberries, quartered
- ¼ teaspoon grated lime peel, optional
- 2 tablespoons fresh lime juice
- 1 tablespoon honey

You will need:

- Can opener
- Measuring cups and spoons
- Cutting board
- Large serving bowl
- Knife
- Small mixing bowl
- Grater

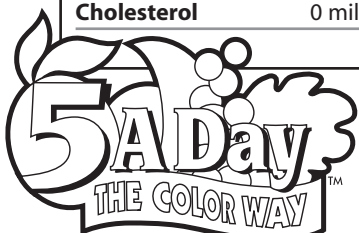
Here's how:

1. Drain canned pineapple; reserve ¼ cup juice.
2. In large serving bowl combine pineapple chunks, mandarin oranges, banana, kiwifruit, and strawberries.
3. In small mixing bowl stir together reserved pineapple juice, lime peel, lime juice, and honey. Pour over salad; toss to coat.



NUTRITION INFORMATION PER SERVING *Makes 8 servings.* Each serving provides 1-5 A Day serving of fruit.

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|----------------------|--------------|---------------------------|----------------|------------------|------------------------|
| Calories | 94 | Sodium | 10 milligrams | Vitamin A | 22 International Units |
| Total Fat | 0 grams | Potassium | 116 milligrams | Vitamin C | 22 milligrams |
| Saturated Fat | 0 grams | Total Carbohydrate | 23 grams | Calcium | 7 milligrams |
| Cholesterol | 0 milligrams | Dietary Fiber | 2 grams | Iron | 0.2 milligram |
| | | Protein | 0 grams | Folate | 10 micrograms |



This recipe is **5 A Day** approved and provides fruits from four color groups. Can you figure out which groups? Write the name of each ingredient in the correct box. Find the answers by going to www.dole5aday.com/Rainbow.

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|------------|----------------------|--------------|--------------|--------------------|
| Red | Orange/Yellow | White | Green | Blue/Purple |
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