

# CARIBBEAN FRUIT SALAD PLATTER

June 25, 2009

*Serves 12; ½ cup per serving*

½ cup sweetened flaked coconut  
2 cups quartered strawberries  
1 medium banana, sliced diagonally  
1 medium mango, cubed  
2 kiwifruit, peeled and cut into wedges  
1 teaspoon grated orange zest  
Juice of 1 medium orange  
1 teaspoon grated lemon zest  
1 tablespoon fresh lemon juice  
½ tablespoon sugar

1. Heat a large nonstick skillet over medium-high heat. Lightly brown the coconut for 1 to 2 minutes, stirring constantly. Remove from the heat.
2. Arrange the strawberries, banana, mango, and kiwifruit on a platter.
3. In a small bowl, whisk together the remaining ingredients. Pour over the fruit. Sprinkle with the coconut.

## **Nutrition Facts per serving**

**Exchanges:** 1 Fruit

**Calories** 60, Calories from Fat 12, **Total Fat** 1 g, Saturated Fat 1.0g, **Cholesterol** 0 mg, **Sodium** 10 mg, **Total Carbohydrate** 13 g, Dietary Fiber 2 g, Sugars 10 g, **Protein** 1 g

## **CHRONIC DISEASE HEALTH PROMOTION AND EDUCATION PROGRAM**



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*Providing guidance and support to make the "healthy choice the easy choice!"*

