



## **STRONG Heart Program Recipe-of-the-Month**

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### **Poppyseed Fruit Salad**

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Recipe from *Cooking Light* October 2003

Ingredients compliments of Wegmans

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#### **Ingredients:**

- 3 tablespoons orange-mango fat-free yogurt (such as Dannon)
- 3 tablespoons poppyseed salad dressing
- 2 cups halved strawberries
- 2 cups cubed pineapple
- 1 cup honeydew melon balls
- 1 cup cantaloupe balls
- 12 Boston lettuce leaves

#### **Directions:**

1. Combine yogurt and salad dressing in a small bowl, stir well with a whisk. Combine fruit in a large bowl, tossing gently.
2. Line each of 6 plates with 2 lettuce leaves; spoon 1 cup fruit mixture onto each plate. Drizzle each salad with 1 tablespoon dressing. Serve immediately.

**Servings:** 6   **Serving Size:** 1 cup fruit and 1 tablespoon dressing

**Nutrition Information:** 100 calories, 3g fat, 0g sat. fat, 3mg cholesterol, 60mg sodium, 18g carbohydrate, 3g fiber, 1g protein.