Good Grinding for Wise Dining
Creamy Fruit/Vegetable Salad

Number of servings: 2
* 1 recipe will make 4-6 “taste” servings

Ingredients:
1 cup fresh, frozen or canned fruit
OR
1 cup fresh or frozen vegetables
½ (6-ounce) container flavored lowfat yogurt

Directions:
1. Depending on fresh, frozen or canned fruits or vegetables used:
   CHOP fresh ingredients OR
   THAW frozen ingredients OR
   DRAIN canned ingredients
2. In a small bowl, MIX all ingredients together. COVER and REFRIGERATE until ready to serve

Variations:
Examples of fruits: pineapple, orange, banana, papaya, mango, apple, or raisins.
Examples of vegetables: frozen vegetable combinations, fresh cabbage, carrots, broccoli, cauliflower, green beans, and/or zucchini.
Make your own combination of vegetables and fruits.
Chopped nuts may be added.

Equipment
• Can opener
• Colander
• Mixing bowl
• Plates and spoons

* Always practice safe food handling techniques. Refer to food safety section.