CREAMY FRUIT/VEGETABLE SALAD

Number of servings: 6

Ingredients:
3 cups fresh, frozen, canned OR dried fruit
OR
3 cups fresh OR frozen vegetables
1 (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 large 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.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.