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 (8 ounces) 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  
- Mixing spoon  
- Plates and spoons

* Always practice safe food handling techniques. Refer to Food Safety section.