

Tropical Fruit Salad



PREPARATION TIME
20 minutes



COOKING TIME
none



PERFECT PARTNER
sugar cookies



When using canned fruits—except for pineapple—save the drained fruit juices to use in gelatin salads. Freeze juice until needed and use as a part of the cooking liquid when preparing gelatin recipes.

SHOPPING LIST

- pineapple • mandarin oranges
- bananas • tart apples
- strawberries • frozen limeade
- poppy seeds

ON HAND

- honey • oil

Tropical Fruit Salad

INGREDIENTS

- 2 bananas
- 2 cups fresh pineapple chunks or 1 (20-ounce) can pineapple chunks, drained
- 1 (10-ounce) can mandarin oranges, drained
- 2 cups chopped Granny Smith apples (about 2 medium apples)
- 1 cup sliced strawberries
- 1/2 cup thawed frozen limeade concentrate
- 1/2 cup honey
- 1/4 cup vegetable oil
- 1 teaspoon poppy seeds or papaya seeds

SERVES 6

COOKIN' Xpress

- Speed up the chilling time in step 1 by storing canned fruit in the refrigerator instead of the cupboard.
- A round apple corer-slicer will remove the core and cut an apple into wedges with just one swift motion—a real time-saver!

Make Ahead

Prepare the salad up to 2 hours ahead. Divide among 6 dessert glasses. Cover with plastic wrap and chill until ready to serve.

♦ VARIATION

For added crunch, add 1/2 cup slivered almonds to the fruit salad just before serving.

1 Slice bananas. Combine pineapple, mandarin oranges, apples, bananas and strawberries in a large bowl; mix gently. Tightly cover; refrigerate.



2 Combine limeade, honey and oil in a small bowl; whisk until well blended.



3 Stir poppy seeds into limeade mixture. Pour over fruit salad.



4 Gently mix fruit salad. Spoon into individual dessert glasses. Serve immediately.

