

Kiwi-Strawberry Salad

Integrated Marketing Services - Apopka, FL

Servings: 6

Preparation Time: 10 minutes

2 tablespoons honey

2 tablespoons fresh lime juice

1/4 teaspoon ground coriander

1 pound strawberries, hulled and halved

1 mango, pitted, peeled and cut into chunks

2 kiwi fruit, peeled and quartered lengthwise

1 avocado, pitted, peeled and cut into chunks

For the dressing. In a small bowl, whisk together the honey, lime juice and coriander. Set aside.

In a large bowl, combine the strawberries, mango, kiwi and avocado.

Drizzle with the dressing. Toss to coat. Serve.

Per Serving (excluding unknown items): 136 Calories; 6g Fat (33.5% calories from fat); 2g Protein; 23g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 0 Grain(Starch); 1 Fruit; 1 Fat; 1/2 Other Carbohydrates.