



Fruit Salad with Cranberry Poppy Seed Dressing

Makes 6 Servings

Ginger-tinged cranberry dressing compliments the summertime fruits in this salad that seems made to order for outdoor entertaining.

Dressing

- ¾ cup 100% cranberry juice
- 1 teaspoon cornstarch
- 1 tablespoon sugar
- 1 teaspoon grated peeled gingerroot
- ½ teaspoon grated orange zest (optional)
- ½ teaspoon poppy seeds

Salad

- 2 cups cubed watermelon
- 1 cup whole strawberries, quartered
- ½ cup green grapes, halved
- ½ cup blueberries

In a small saucepan, stir together the juice and cornstarch until the cornstarch dissolves. Bring to a boil over medium-high heat. Boil for 1 minute. Pour into a shallow bowl and refrigerate until completely cooled, about 10 minutes. Stir in the remaining dressing ingredients.

Meanwhile, arrange the salad ingredients on salad plates. Spoon the dressing on top.

Nutritional Analysis

One Serving =heaping ¾ cup fruit and 2 tablespoons dressing

- Calories 65
- Fat 0.5 g
 - Saturated Fat 0g
- Cholesterol 0 mg
- Sodium 2 mg
- Carbohydrates 16 g
 - Fiber 1 g
 - Sugars 14 g
- Protein 1 g

Dietary Exchanges: 1 fruit