

## Colorful fruit salad



Recipe credit

[Adapted from the United States Department of Agriculture's Easy Fruit Salad](#)

## **About this recipe**

Serves

10

Serving size

1/2 cup

Time to make

15 minutes preparation

Special criteria

[Vegetarian recipes](#)

# Ingredients

- 1 cup red fruit (strawberries, watermelon, red grapes, or red apple)
- 1 cup green fruit (honeydew melon, green grapes, or kiwi)
- 1 cup blue or purple fruit (blueberries, plums, or blackberries)
- 1 cup orange or yellow fruit (cantaloupe, pineapple, or mandarin oranges)
- 1 cup tan or white fruit (bananas or brown pears)
- 1 cup orange juice\*

*\*If you use concentrate, follow instructions to mix concentrate with water.*

# Directions

1. Wash fruit.
2. If using kiwi or bananas, peel fruit.
3. Cut fruit into bite-sized pieces.
4. Toss fruit with the orange juice.

# Tips and variations

- If you do not have fresh fruit, use frozen fruit or fruit canned in juice (avoid heavy syrup).
- Mix apples in orange juice right away. The acid in citrus helps keep the fruit from turning brown.
- Substitute 8 ounces (1 cup) of low-fat piña colada yogurt for orange juice.
- Make a smoothie with the leftover fruit salad. Just add non-fat yogurt (any flavor) and blend in blender.
- To prevent choking with small children, cut grapes and banana slices in half or quarters.

# Recipe video

## Nutritional info

Calories

52

Total fat

0 g

Saturated fat

0 g

Cholesterol

0 mg

Sodium

4 mg

Total carbohydrates

13 g

Dietary fiber

1.4 g

Protein

1 g

Total sugar

9 g

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