



# Catholic Health Initiatives

*Imagine better health.®*

## **Orange, Strawberry and Kiwi Salad\***

Serves 4

Prep/cooking time:  
Approximately 30 minutes

### **Ingredients:**

- 1 tbsp. unsweetened orange juice
- 2 tsp. honey
- 2 medium oranges, peeled and sliced
- 2 cups strawberries, hulled and sliced
- 1 cup grapes, halved
- 2 medium kiwis, peeled and sliced
- 2 tbsp. mint leaves, chopped



*Refreshing & Simple*

### **Directions:**

In a large nonreactive bowl (glass, stainless steel, ceramic, etc.), combine the orange juice and honey. Add the fruits; toss to coat. Refrigerate, cover and chill for at least 1 hour. Sprinkle with mint and serve.

\*1 SmartPoint

Harvest of the Month  
*kiwi*