

Fruit and Veggie Salad

Courtesy of Carole's Creations

Prep Time: 30 minutes

Cooking Time: 2 minutes

Serves: 8 one cup servings

CChints: Jicama is a white root vegetable that looks a little like a potato with a really thick, stringy skin. The larger they are, the harder they are to peel. Use a potato peeler or sharp paring knife to peel off the outer skin. Cut the white flesh into julienne pieces which look like match sticks.

This doesn't have much flavor but delivers a fun crunch to any salad. When you need just a few peanuts and don't want to buy a large can, check out the snack aisle. Most of the time you can buy a small, snack size bag for less than one dollar.



1-1/2 Tablespoons sugar or Spenda®

1/4 cup fresh lime juice, approximately 2 limes

1/4 cup reduced fat peanut butter, creamy or crunch

1/2 teaspoon salt

1/2 cup fresh green beans, ends trimmed and cut in half on a diagonal

1 diced green onion

1-1/2 cup fresh pineapple chunks or canned chunks, drained

11 ounce can mandarin oranges, drained

1 peach or nectarine, peeled, seeded and diced

1/4 cup hearts of Palm from a can, drained and diced (Use the rest on a green salad)

1-1/2 cups jicama, peeled and cut into julienne pieces

1 cup diced cucumber, seeded or an English cucumber

1/4 teaspoon salt

optional garnish: 1/4 cup chopped peanuts or pine nuts

In a small bowl, combine the sugar through salt. Stir until the peanut butter is well dissolved and the ingredients are blended together.

Cook the green beans in a microwave dish, slightly covered for 2 minutes. Remove them from the microwave and add some ice cubes to the container to cool them down and stop the cooking.

Drain the beans and put them in a large bowl. Add the rest of the ingredients to the bowl. Gently toss it all together. Pour the dressing over the top and blend again.

Serve with grilled fish or chicken.