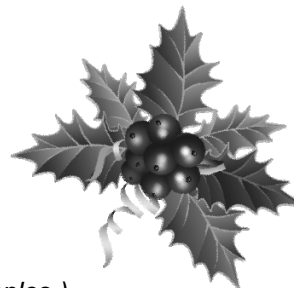


Lime-Glazed Fresh Fruit Salad

A frequently requested dish from several friends when we get together for dinner.

- 1 15 ½ oz. can pineapple chunks in own juice, undrained
- 3 Tbsp. cornstarch (level Tbsp)
- 1/3 c. sugar (or Splenda)
- 1/8 tsp to ¼ tsp ground nutmeg
- 1 1/2 c. water
- 3 Tbsp. lime (or lemon) juice (*I use lime juice.*)
- 2 small or 1 large can mandarin oranges, drained
- 2 red apples, chopped w/skin on** (*I use Gala apples.*)
- 2 yellow or green apples, chopped w/skin on** (*I use Golden Delicious apples.*)
- 1 c. green grapes**
- 1 c. red grapes**
- 2 – 3 kiwi, sliced**
- 1 c. blueberries**



1. Drain pineapple, reserving juice.
2. Combine cornstarch, sugar, and nutmeg in saucepan. Gradually add water, stirring until smooth. Cook over medium heat, stirring constantly, until mixture comes to a boil; boil 2 minutes or until mixture is a clearish translucent.
3. Remove from heat and stir in reserved pineapple juice and lime juice. Cool to lukewarm.
4. Pour over chopped fruit and mix well. Chill over night. Stir well before serving.

****Note: 9 to 10 cups of any combination of seasonal fresh fruit may be used.**

Yield: approx. 13 cups

Nutritional Information: Per serving: 1/2 cup

Calories: 56 (*48 w/ Splenda*)

Fat: < 1 g

Cholesterol: 0 mg

Carbohydrate: 15 g (*12 g w/ Splenda*)

Fiber: 2 g

Protein: 0.5 g