

Grilled Summer Fruit Salad with Honey-Jalapeno Dressing

- 1 medium Granny Smith apple, cut into 1-inch cubes
- 1 medium unpeeled orange, cut into 8 wedges
- 1 nectarine, cut into 8 wedges
- 1 large plum, cut into 8 wedges
- 8 cups salad greens, washed and torn
- Skewers
- 1/4 cup lime juice
- 2 tablespoons honey
- 1 tablespoon jalapeno, seeded and minced
- 1 teaspoon fresh cilantro, chopped
- 1/8 teaspoon lime zest

Thread fruit on skewers. Grill fruit kabobs over Medium coals for 5 to 6 minutes, turning to grill all sides. Whisk together 1/4 cup lime juice, honey, jalapeno, cilantro, and lime zest, to make a dressing. Toss salad greens with dressing. Serve fruit over the greens on individual plates.

Servings: 4

Preparation time: 20 minutes

Cooking time: 5 minutes

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

The following ingredients were not linked to the ingredient database and were not included in the nutrition information:

Skewers

Amount Per Serving	
Calories	97.35
Calories From Fat (3%)	3.34
% Daily Value	
Total Fat 0.40g	1%
Saturated Fat 0.03g	0%
Cholesterol 0.00mg	0%
Sodium 11.26mg	0%
Potassium 371.62mg	11%
Carbohydrates 24.09g	8%
Dietary Fiber 2.95g	12%
Sugar 18.29g	
Sugar Alcohols 0.00g	
Net Carbohydrates 21.14g	
Protein 1.96g	4%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
1 medium Granny Smith apple, cut into 1-inch cubes	1 x 1 medium (2-3/4" dia) (approx 3 per lb) of Apples, raw, without skin
1 medium unpeeled orange, cut into 8 wedges	1 x 1 fruit yields of Orange juice, raw
1 nectarine, cut into 8 wedges	1 x 1 fruit (2-1/2" dia) of Nectarines, raw
1 large plum, cut into 8 wedges	1 x 1 fruit (2-1/8" dia) of Plums, raw
8 cups salad greens, washed and torn	8 x 1 cup of Lettuce, mixed greens, raw
Skewers	Not linked
1/4 cup lime juice	0.25 x 1 cup of Lime juice, raw
2 tablespoons honey	2 x 1 tablespoon of Honey, strained or extracted
1 tablespoon jalapeno, seeded and minced	1 x 1 tablespoon of Peppers, jalapeno, raw
1 teaspoon fresh cilantro, chopped	1 x 1 teaspoon of Cilantro (Chinese parsley), raw
1/8 teaspoon lime zest	0.13 x 1 teaspoon of Lime peel, raw

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