



Fruit Salad with Lime Yogurt

6-8 Servings

A refreshing salad that soothes the sweet craving without all the calories!

Fruit:

- 1 large ripe honeydew melon, seeded and cut into 1 inch chunks
- 1 pint strawberries, hulled and halved
- ¼ cup lime juice
- 1 tablespoon sugar

In a large bowl, toss melon, strawberries, lime juice and sugar. Let stand for 15 minutes, stirring occasionally.

Lime Yogurt Dressing:

- 2 cups nonfat plain yogurt
- 2 Tablespoons sugar
- 1 Tablespoon grated lime zest (green outer most part of the lime)
- 1 Tablespoon lime juice

In a small bowl, combine yogurt, sugar, lime zest and juice, stirring until sugar is dissolved. Cover and refrigerate until chilled.

Serve fruit salad with lime yogurt dressing.

Nutrition Information

Calories: 135
Total fat: 0g
Saturated fat: 0g
Carbohydrates: 30g
Fiber: 2g
Protein: 5

Recipe adapted from Eating Well magazine.