



Fruit Salad with Lime Yogurt

Serves 6-8

Fruit:

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

Lime Yogurt:

- 2 cups nonfat plain yogurt
- 2 Tbsp. sugar
- 1 Tbsp. lime zest
- 1 Tbsp. lime juice

- In a large bowl, toss melon, strawberries, lime juice and sugar. Let stand for 15 minutes, stirring occasionally.
- Meanwhile, in a small bowl, combine yogurt, sugar, lime zest and juice, stirring until sugar is dissolved. Cover and refrigerate until chilled.

Recipe adapted from *Eating Well* magazine.

Nutritional Information:

Calories: 135
Total Fat: .5g
Saturated Fat: 0g
Cholesterol: 1mg
Carbohydrates: 30g
Fiber: 2g