

Winter Fruit Salad

Source: newsletters@dierbergs.com

INGREDIENTS:

2 large navel oranges
1/2 C pure maple syrup
1 tsp vanilla extract
3 C red seedless grapes
2 kiwi, peeled, quartered and sliced
1 can (20 oz) pineapple tidbits in juice, drained
1 C sweetened dried cranberries
1/2 C chopped pecans, toasted

DIRECTIONS:

Grate 2 tsp orange peel into 1-C glass measure - reserve oranges - add maple syrup + vanilla - peel and section oranges - combine with remaining fruit in serving bowl. Drizzle syrup mixture over fruit - toss to coat - cover/refrigerate till serving. Top with nuts just before serving, if desired.

Yield: 8-10 servings

NUTRITION INFO Per Serving: Calories: 196; Cholesterol: 0 mg; Fat: 4g; Sodium: 4 mg; Carbs: 40 g