

# Rainbow Fruit Salad

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## Recipe

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by Ingrid Beer

*This refreshing rainbow fruit salad tossed with a tangy citrus-honey dressing is the perfect sweet and healthy dessert!*

**Category:** Salad

**Cuisine:** American

**Yield:** Serves 6

**Nutrition Info:** 178 calories per serving

**Prep Time:** 20 minutes

**Cook time:** 0 minutes

**Total time:** 20 minutes

### **Rainbow Fruit Salad** Ingredients:

- 1 small fresh pineapple (or 1/2 large one), cored and cut into small wedges/pieces
- 1 mango, peeled and cut into small cubes
- 1 peach, sliced and cut into smaller pieces
- 1 nectarine, sliced and cut into smaller pieces
- 1/2 pound strawberries, hulled and quartered
- 1 medium-size package (about 11 ounces) fresh blueberries
- 1 tablespoon finely chopped or julienned fresh mint leaves

### **Citrus-Honey Dressing** Ingredients:

- 2 tablespoons honey
- 1 teaspoon orange zest
- 1 teaspoon lime zest
- 2 tablespoons fresh-squeezed orange juice
- 1/2 tablespoon fresh lime juice

### **Preparation:**

1. Add all the cut fruit to a large bowl, and if not cold already, chill for about 30 minutes.

2. Prepare the citrus-honey dressing by adding all of the ingredients to a small bowl and whisking them together until well-combined; use immediately, or keep covered and refrigerated until ready to use. (Best used as soon as possible after being prepared for best flavor.)
3. To assemble the fruit salad, pour the dressing over the fruit, and sprinkle in the julienned/chopped mint; toss everything together, and serve immediately. (If making slightly ahead, you can just keep the cut fruit in a bowl in the fridge, and when ready to serve, toss with the citrus-honey dressing and the mint, and serve.)