

Give Your Fruit Salad a Boost!



Lemon Glazed Fruit

Serves: 4 | Serving Size: 1 cup

4 cups strawberries, hulled and halved
2 cups seedless red grapes
2 tablespoons sugar
2 teaspoons finely chopped fresh mint
Juice and zest of 1 lemon

Combine all ingredients in large bowl and toss gently. Serve immediately or refrigerate up to 4 hours before serving.

Chef's Tips:

This is a great way to showcase seasonal fruit. Grab whatever is looking gorgeous in your grocery store or local farmers' market and give it a try. You can play with different proportions and flavor profiles too.

If you don't have a lemon zester, use a vegetable peeler to remove the peel from the fruit, slicing off any bitter pith that remains. Then it's easy to slice the peel into very thin matchsticks.

Lemons and Your Health:

Lemons are an excellent source of vitamin C, an antioxidant that protects your cells from free radical damage.

Vitamin C boosts your immune system, reduces inflammation, and protects blood vessels.

Lemons also contain limonin, a cancer-fighting element that appears to reduce the risk of breast, colon, lung, and skin cancer. According to the Agricultural Research Service (ARS) "limonoids [have] been shown to help fight various forms of cancer."

Nutrition Facts

Serving Size 1 cup
Servings Per Batch 4

Amount Per Serving

Calories 123 Calories from Fat 2

% Daily Value *

Total Fat 1g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 3mg 0%

Total Carbohydrate 30g 2%

Dietary Fiber 4g 4%

Sugars 0g

Protein 2g 0%

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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