



Fresh Fruit Salad and Cottage Cheese

4 servings

½ medium	Fresh cantaloupe, seeds and skin removed
2 medium	Fresh peaches, washed and seed removed
1 1/2 cups	Fresh strawberries, washed and green caps removed
1 ½ cups	Fresh blueberries, washed and patted dry
3 cups	Cottage cheese, 1% low fat
4 large leaves	Leaf lettuce, washed and patted dry
4 leaves	Fresh mint, washed and patted dry



Prepare fruits as described above. Mix them together gently in a large mixing bowl. Cover and chill 30-60 minutes in the refrigerator. To serve, place a lettuce leaf on each plate topped with ¼ of the fruit mixture. Scoop ¾ cup cottage cheese onto the top of fruit. Garnish with a fresh whole strawberry or several blueberries and a leaf of fresh mint.

Recipe Nutrition per serving

216 calories; 23 gm protein; 28 gm carbohydrate; 2 gm total fat; 1 gm saturated fat; 0 trans fat; 7 mg cholesterol; 4 gm fiber; 702 mg sodium