

Watermelon Fruit Salad with Raspberry Sauce

An easy way to “wow” your family and friends. Try the sauce variations for new flavor combinations.

Ingredients:

- 2 cups watermelon scooped into balls
- ½ cantaloupe scooped into balls
- Reserved melon shells
- 1 cup fresh blueberries
- ½ cup prepared raspberry sauce
- 1 (10-oz.) pkg. frozen raspberries in syrup, thawed

Directions:

Place melon balls in a large bowl. Add blueberries and toss until fruit is combined. Rinse out the watermelon and cantaloupe shells; pat dry. Place fruit mixture into cleaned shells. Place shells on large lettuce-lined plate.

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To make raspberry sauce, place thawed raspberries and syrup in blender. Blend until smooth. Strain seeds. **Drizzle ¼ cup raspberry sauce over fruit in each filled melon shell.** Cover remaining sauce and refrigerate for another use. Garnish fruit-filled melons with fresh mint and pansies if desired. Refrigerate leftovers.

Variations:

- Lemon-Ginger syrup - combine 2 tablespoons lemon juice, 1 tablespoon sugar and ⅛ teaspoon ground ginger. Drizzle evenly over fruit.
- Balsamic Splash – Sprinkle 2 tablespoons white balsamic vinegar evenly over fruit in melon shells. Reserved melon shells

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Servings: 6 (¾-cup) servings
Each serving provides ¾ cup of fruit.

Nutrition information per serving:

Calories 70 (4% calories from fat)

Fat <1g

Saturated fat <1g

Trans fat 0

Cholesterol 0mg

Total Carbohydrate 18g

Dietary Fiber 2g

Protein 1g

Sodium 8mg

% Daily Value: Vitamin A 37%, Vitamin C 46%, Calcium 1%, Iron 3%

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