

LAYERED FRUIT SALAD

- 3 (9-inch) bananas or 3 cups sliced
- 2 (14 oz) cans pineapple chunks, in own juice
- 4 cups seedless grapes (1¼ pounds), sliced in half
- 4 cups (1 pound) large fresh strawberries, sliced in half
- Fresh mint and/or kiwi fruit, sliced (optional)

Wash your hands with soap and water.

Assemble these supplies: measuring cups, 2 medium colanders, trifle dish and plastic wrap.

Slice the bananas into the bottom of the trifle dish. Pour the pineapples over the bananas. Sort and then wash the grapes and cut them in half. Arrange a layer of grapes over the strawberries.

Wash and stem the strawberries. Arrange a layer of strawberries over the grapes.

Cover the salad with plastic wrap. Keep refrigerated until it is ready to be served.

If desired, garnish with washed fresh mint or kiwi.

Yield: 12 servings

58 calories per serving

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