



*August 2003*

*Summer is here! Don't sweat... stay cool with these easy and nutritious summer recipes.*

## *Fresh Fruit Salad Romanoff*

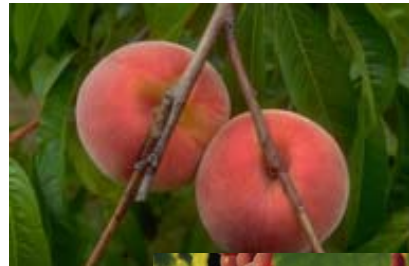
*Makes 4 servings*

### **Fruit Salad**

two	peaches, peeled and chopped (1 cup)
one cup	honeydew melon cubes or balls
one-half cup	strawberries, sliced
twenty	red grapes, cut into halves

### **Topping**

three tablespoons	fresh orange juice
two tablespoons	light brown sugar
one-half cup	fat-free or light sour cream or plain nonfat or low-fat yogurt
two tablespoons	light brown sugar



1. In a large bowl, gently combine the fruit salad ingredients.
2. For topping, combine orange juice and 2 tablespoons brown sugar in a small bowl. Sprinkle over fruit and toss well.
3. Cover and refrigerate for about 2 hours, or until thoroughly chilled.
4. To serve, stir together sour cream and 2 tablespoons brown sugar in a small bowl. Spoon fruit into glass dessert bowls. Top with sour cream mixture.

### ***Nutrition Information Per Serving***

Calories: 137    Fat: 0 g    Cholesterol: 0 mg    Sodium: 32 mg

Courtesy of: <http://nutrition.about.com>

Taken from: <http://www.applesforhealth.com/HealthyDesserts/ffsalrom4.html>