



### **Summertime Fruit Salad**

Serves 4

¼ cup honey

2 Tbsp. red-wine vinegar

2 Tbsp. finely chopped fresh mint

¼ tsp. ground pepper

⅛ tsp. salt

4 cups baby spinach

1 small avocado, peeled, pitted and cut into 16 slices

16 thin slices cantaloupe, rind removed

1½ cups sliced fresh strawberries

In a small bowl, whisk together honey vinegar, mint, pepper and salt; chill until serving. When ready to serve salad, place 1 cup spinach leaves on each of four small plates. Arrange alternating slices of avocado and cantaloupe in a fan shape on top of spinach. Top each salad with equal amounts of strawberries. Drizzle with dressing.

Per serving: 200 calories, 8 g fat, 3 g protein, 33 g carbohydrate, 7 g fiber, 140 mg sodium