



Tropical Papaya Salad

Serves 6 (about 1 cup each)

1 large mango, peeled and halved
1 large papaya, peeled and halved

1 avocado, peeled and diced
2 Tbsp. balsamic vinegar
1 Tbsp. butter
¼ cup blanched slivered almonds
1 tsp. brown sugar
1 head romaine lettuce, chopped
salt, if desired

In a blender container, puree half the mango, half the papaya and balsamic vinegar until smooth; set aside. In a small skillet, melt butter over medium heat. Add almonds, stir constantly until lightly browned. Add brown sugar and stir to mix. Pour candied almonds onto a piece of waxed paper and separate to prevent clumps; set aside to cool. In a large serving bowl, place romaine lettuce. Dice remaining mango and papaya halves; add avocado, mango and papaya to lettuce. Drizzle fruit puree over salad. Sprinkle with candied almonds and salt to taste, if desired. Serve chilled.

Per serving: 170 calories, 10g fat, 3g protein, 21g carbohydrate, 7g fiber, 30mg sodium