



PIÑA COLADA FRUIT AND YOGURT SALAD

SERVES: 4 (approx. 1 cup fruit salad + ½ cup yogurt) **Prep Time: 10 min.** **Cooking Time: 6 min.**

CONTAINER EQUIVALENTS (per serving): ½ 1 1

FOR PIÑA COLADA YOGURT:

1 ½ cups reduced-fat (2%) plain Greek yogurt
1 tsp. pure coconut extract
½ cup crushed pineapple, in juice

FOR FRUIT SALAD:

½ cup unsweetened shredded coconut
1 stalk lemongrass (optional)
1 cup ½-inch cubed pineapple
1 cup ½-inch cubed papaya
1 cup ½-inch cubed mango
1 cup ½-inch cubed honeydew melon

1. Combine yogurt, extract, and pineapple in a medium bowl; mix well. Set aside.
2. Heat a large skillet over medium heat.
3. Add coconut; cook, tossing frequently, for 4 to 5 minutes, or until coconut is golden brown. Remove from pan immediately, so that it doesn't scorch. Set aside.
4. Remove woody stem and tough root end of lemongrass (if desired). Peel off outside layer leaving only the tender internal shoot. Slice into rounds, as thin as you can make them. Set aside.
5. Combine pineapple, papaya, mango, and honeydew in a large mixing bowl; toss gently to blend.
6. Garnish with coconut and lemongrass, and serve with a side of Yogurt (½ cup each).

NUTRITIONAL INFORMATION (per serving): **Calories: 235** **Total Fat: 9 g** **Saturated Fat: 7 g** **Cholesterol: 4 mg** **Sodium: 45 mg** **Carbohydrates: 30 g** **Fiber: 4 g** **Sugars: 24 g** **Protein: 10 g**

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.