



# Quick Fruit Salad



Adapted from (*EatFresh.org*)

## Ingredients



- 1 Watermelon, cubed
- 15 ounces Chunk Pineapple drained
- 15 ounces Peach Halves *drained and cut into chunks*
- 2 Bananas *cut into bite-sized pieces*
- Mint *a few sprigs, lightly chopped (optional)*



## Directions



Yield: 4 servings Serving size: 2 cups

1. Toss all ingredients together in a large bowl.
2. Put in the refrigerator for an hour to chill before serving (optional).

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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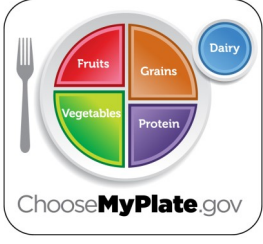

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# Fast Facts



## Featured Food Groups

Choose **MyPlate**.gov

## Cooking Tips



- Use canned fruit packed in water or juice, not syrup, to cut down on sugar and calories

## Nutrition Facts

Serving Size 2.00 cup  
Serving Per Container 4

Amount Per Serving

**Calories 277**

% Daily Value\*

Total Fat 1 g	1%
Sodium 8.2 mg	0%
Total Carbohydrate 71 g	26%
Dietary Fiber 8 g	29%

**Protein 3 g**

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

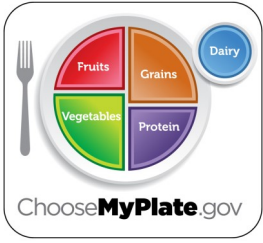

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