



COOKING FOR WELLNESS

CANCER SUPPORT
COMMUNITY
CENTRAL OHIO
CancerSupportOhio.org



RED FRUIT SALAD WITH LIME YOGURT DRESSING

Yields: 8 Servings

INGREDIENTS

FOR THE SALAD

4 cups diced watermelon
½ pint raspberries
1¼ cups halved red seedless grapes or pitted cherries
2 Tbsp chopped purple basil (optional)

FOR THE DRESSING

1½ cups low-fat plain yogurt
1 tablespoon lime zest
1 tsp lime juice
4 tsp sugar

INSTRUCTIONS

1. For the dressing, combine yogurt, lime zest, lime juice and sugar in a medium bowl.
2. Combine watermelon, raspberries, grapes (or cherries) and basil (if using) in a large bowl.
3. Serve with yogurt dressing.