

'Sunshine' Fruit Salad

Perfect for Mother's Day (or Father's Day) brunch, this re-make of a vintage recipe makes the prettiest use of early summer and fresh fruits! Easy to make, taking your time to trim the oranges really pays off on the eye-appeal...you will have plenty of fruit to fill the hollowed out oranges; store the left-over salad in a covered container in the fridge. Allow one orange per person, if you need more.



Ingredients

- 1 ripe banana, *peeled and diced*
- 4 whole oranges (*we used the navel variety*), *washed*
- 1 small (9 oz) can pineapple bits, *about 2/3 cup drained, reserving juice*
- a handful of blueberries, *washed*
- a handful of strawberries, *washed, trimmed, and diced*
- 1 cup small curd cottage cheese
- bunch of fresh mint leaves, *washed and chopped fine*
- extra mint, *for garnish*

Erik's Tip:

To make this salad ahead of time, prepare all of the fruits except the banana...keep orange peels and pieces as well as the berries cold; make the cottage cheese ahead of time, too. At serving time, dice the bananas and toss the fruit together...then assemble the salad!

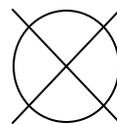
Place diced bananas in the bottom of a large bowl. Carefully trim the bottom (stem side) of orange so that it will stand. Working from the top of the whole orange, cut and 'X' (as shown below) within an inch or so from the bottom. Then cut a '+' in the same manner, forming eight equally spaced 'petals'. Carefully remove the orange from these sections with knife. Trim the white pith and membrane from the removed pieces and dice; place in bowl over banana pieces. Repeat for remaining oranges. Add drained pineapple, blueberries, and prepared strawberries. Lightly toss to coat with juice.

In a separate medium bowl, add cottage cheese. Add 2 tablespoons of reserved pineapple juice; add chopped mint. Stir, blending well.

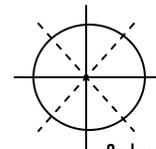
To serve, place prepared orange peel on center of small plate. Spoon serving of fruit, draining well, to the center of hollowed orange. Top with spoonfuls of cottage cheese-mint mixture. Garnish with extra mint leaves.

Serve cold.
Serves: 4

From top of whole orange



1st cuts



2nd cuts

Salads