

Summer Fruit Salad

Servers 4 to 6

Ingredients:

1 cup (1-inch) fresh pineapple chunks
1 cup chopped fresh strawberries
1 kiwifruit, peeled and sliced
1 papaya, peeled and cut into 1/2 -inch pieces
1/2 cup chopped red onion
1 jalapeño chili, seeded and finely chopped
1/4 cup chopped fresh cilantro or flat-leaf parsley
2 tablespoons fresh lime juice (about 1 lime)



Directions:

Combine the pineapple, strawberries, kiwifruit, papaya, onion, jalapeño chili, cilantro and lime juice in a medium bowl and toss to mix. Chill, covered, for 1 hour or longer before serving.

Note:

This refreshing salad is delicious alongside fish or pork, with tortilla chips, or just by itself.

Recipe from *Herbal Cookery From the Kitchens and Gardens of the St. Louis Herb Society*, The St. Louis Herb Society, 2009, page 68.