

Salad

Makes 6 1-cup servings; 2g fat, 0mg cholesterol, 140mg sodium.

Ingredients

- 4 c. torn salad greens
- 1 orange, peeled and sliced
- 1/2 c. strawberries
- 1 star fruit, sliced, or a small bunch seedless grapes
- 1 kiwi fruit, peeled and sliced

Directions

1. In a large bowl, combine all salad ingredients and toss gently. Serve with dressing.