

Fresh Fruit Salad with Lime and Mint Dressing

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For the Dressing:

- 1/2 cup of water
- 1-1/2 cups of granulated sugar
- Juice of 2 limes (about 1/4 cup)
- 1 tablespoon of chopped, fresh mint, *divided*
- Pinch of salt

For the Salad:

- 6 cups of melon (cantaloupe, honeydew, seedless watermelon)
- 1 pint strawberries, *cleaned and quartered*
- 2 cups of whole blackberries, blueberries or raspberries
- 2 cups of halved white or red, seedless grapes
- 1 cup of chopped fresh peaches

Bring water and sugar to a boil, stirring until sugar is dissolved and mixture is completely clear. Stir in the lime juice, half of the mint and the salt; set aside to cool.

Wash, chop or slice fruit and place into a large bowl, tossing with the remaining mint. Stir in the cooled syrup and refrigerate until well chilled. Gently toss and serve; refrigerate any leftovers.

Cook's Notes: Vary the fruit to your liking using about 12 cups of assorted sliced or chopped fruit, such as cantaloupe, honeydew, seedless watermelon, blueberries, blackberries, green or red seedless grapes, quartered strawberries, sliced kiwi, peaches or nectarines, to name a few. May also add 1 large firm banana, sliced, if desired, however, toss in the slices just before serving. May also use a sugar substitute, such as Splenda.

Citrus Salad: Replace mixed fruit with a combination of citrus - choose from red and white grapefruit, clementines, naval oranges, tangerines, blood oranges, etc. Cut away peel and pitch and cut into crosswise slices rather than segments. Arrange fruit on serving platter, alternating slices and slightly overlapping them. Prepare dressing as above and drizzle dressing on top until fully coated, reserving any leftover dressing for the table. Refrigerate until well chilled.

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