

Exotic Fruit Salad



- 1 head Romaine lettuce
- 1 head Belgian endive
- 1 cup fresh mint leaves
- 2 large oranges
- 2 Ugli fruit
- 1/2 cup pineapple juice
- 3 Tbsp. Fresh squeezed lemon juice
- 3 Tbsp. Sugar
- 1/8 tsp salt
- 1/2 tsp ground cinnamon
- 3 Tbsp. Walnut oil
- 1/2 cup golden raisins
- 1/3 cup walnuts or macadamia, chopped and toasted
- 1/2 cup slivered almonds, toasted



Wash and dry lettuce, endive and mint; set aside in large bowl. Peel oranges and ugli fruit by removing the pith. Divide into segments and place in a bowl. In a small bowl, combine the pineapple juice, lemon juice, sugar, salt, cinnamon, and walnut oil. Mix well; set aside. Toss the chilled greens with the dressing to taste. Place greens on a large platter and top with orange and ugli fruit segments, raisins, and nuts.

Nutritional analysis: Calories 282, Protein 5g, Fat 14g, Calories from fat 44%, cholesterol 0mg, carbohydrates 37g, Fiber 7g, sodium 83mg.

UGLI FRUIT

Ugli fruits are named after their appearance which is generally discolored, pot marked and oddly shaped. However it gets a bad rap; it really has a very sweet, citrus taste, is peeled easily and is seedless, making it a great snack or addition to salads. The outside is a greenish-yellow color and has a shape that is between an orange and a pear. Ugli fruits are native to Jamaica and have been propagated in the US since the 1930's. **They are said to combine the best qualities of tangerines, grapefruit and Seville oranges. Children love the taste and the intriguing name!**

Choose fruit that are heavy, no sign of drying, color is not important and pot marks are normal. Uglis can be kept at room temp for 5 days or in Refrigerator for up to 2 weeks. Uglis