



Papaya Kiwi Fruit Salad with Orange Dressing

Ingredients:

- 4 kiwi
- 1 Papaya
- 6 tablespoons frozen orange juice concentrate, thawed
- 3 tablespoons honey
- 1 cup sour cream
- 1 tablespoon grated orange peel
- 1 tablespoons grated lime peel

Directions:

1. Peel and remove seeds from papaya. Slice lengthwise into thin strips.
2. Peel kiwi fruit and cut crosswise into thin strips. Arrange papaya and kiwi fruit on serving plate.
3. Combine orange juice concentrate and honey in a small bowl. Stir in sour cream. Spoon dressing over salad; sprinkle with peels.

Find additional healthy recipes at:

<http://ext.vt.edu/food-health/family-nutrition-program/recipes.html>
<https://blogs.ext.vt.edu/eatsmart-movemore/2017/04/13/2017-spring-recipes/>