

Hawaiian Fruit Salad

4 oz Chopped Lettuce
½ c Diced Mango
½ c Diced Pineapple
½ c Sliced Banana
½ c Quartered Strawberries
2 ea Lime Wedges
1 Tbs Coarsely Chopped and
Toasted Macadamia
Nuts
1 Tbs Toasted Coconut
2 ozs Dressing

Dressing

1 c Oil
½ c White Vinegar
2 Tbs Sugar
¼ tsp Salt



1. Mix dressing and refrigerate until needed.
2. Place lettuce in a bowl.
3. Arrange fruit over lettuce.
4. Sprinkle with coconut and macadamia nuts.
5. Ladle dressing over the top and serve with lime wedges.

It's mango season right now so they are juicy, ripe and cheap. Papaya will also work on this salad as a replacement of one of the other fruits or as an addition. If you want to add a little meat try some grilled chicken.

I found a small bag of macadamia nuts at the Vitamin Cottage and the price was reasonable. Almonds will do as a substitute. I used a fresh coconut and toasted it myself because there is no sugar added but it was hard to get into.

Be creative, have fun and enjoy!!!