



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish



## Fruit Salad to Sweeten Your Spring!

Nothing says spring like warming weather and a bounty of seasonal produce. In-season fresh fruits and vegetables mean they're at peak ripeness and flavor. Plus, probably the best prices you'll see all year! Raw fruits in their peak season are amazing, but have you ever grilled them? Grilling enhances the sweetness of fruits, adding a caramelized flavor.

*Now that the weather has warmed up, grilling is a great way to enjoy seasonal fruits and vegetables.*

## Grilled Fruit Salad with Balsamic Drizzle

### Ingredients:

- 8 large strawberries, hulled
- 1 cantaloupe (~3 pounds)
- 1 seedless watermelon (~3 pounds)
- 1 cup crumbled feta cheese
- 2 Tbsps. balsamic glaze
- 2 Tbsps. chopped fresh basil



### Directions:

1. Prepare outdoor grill for direct grilling over medium-high heat. Cut cantaloupe and watermelon into 1-inch thick half-moons, removing rinds. Spray strawberries, cantaloupe and watermelon with cooking spray. Place fruit on hot grill rack; cook strawberries 3 minutes, and cantaloupe and watermelon 6 minutes or until grill marks appear, turning once. Transfer fruit to cutting board and cool; cut 4 strawberries, cantaloupe and watermelon into 1-inch pieces.
2. In large bowl, toss cut fruit and cheese. Makes about 11 cups.
3. Serve 8 cups fruit salad drizzled with balsamic glaze and sprinkled with basil; cover and refrigerate remaining fruit salad and 4 whole strawberries up to 1 day.