

## **Strawberry Fruit Salad with Three Dressings**

8 cups lightly packed  
spinach leaves  
1 pint basket strawberries,  
stemmed and halved  
4 cups assorted melon chunks  
1 1/2 cups orange and grapefruit segments  
Orange-mint, strawberry-ginger, or balsamic-pepper dressing

Line platter or 4 individual plates with spinach. Top with fruits, dividing equally. Serve with your choice of dressing on the side.

Makes 4 servings.

### **Orange-Mint Dressing:**

In bowl, whisk 1 8-ounce container plain nonfat yogurt, 3 tablespoons thawed orange juice concentrate, and 1 teaspoon sugar. Mix in 3 tablespoons chopped mint. Serve immediately, or cover and refrigerate up to 2 days.

Makes about 1 cup.

### **Strawberry-Ginger Dressing:**

In blender or food processor, purée 1 1/2 cups strawberries; transfer to bowl. Mix in 1 1/2 to 2 tablespoons honey, 1 1/2 tablespoons lime juice, 2 teaspoons grated fresh ginger, and a pinch of salt. Use immediately, or cover and refrigerate up to 2 days.

Makes about 1 cup.

### **Balsamic-Pepper Dressing:**

In bowl, whisk 1 8-ounce container nonfat strawberry yogurt, 1 tablespoon balsamic vinegar, 1 teaspoon honey, and 1/2 to 1 teaspoon coarsely ground black pepper. Serve immediately, or cover and refrigerate up to 2 days.

Makes about 1 cup.

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