



Strawberry-Kiwi Salad with Basil

Ingredients:

- ¼ cup half-and-half
- 2 tablespoons white balsamic vinegar
- 1 tablespoon sugar
- ¼ teaspoon salt
- 3 peeled kiwi fruit, each cut into 6 wedges
- 2 cups quartered strawberries (about 1 pint)
- 2 tablespoons finely chopped fresh basil

Directions:

- Combine first 4 ingredients in a bowl. Add kiwifruit and strawberries; toss well. Cover and chill for 1 hour. Stir in basil just before serving.

Yield: 4 servings (serving size: ¾ cup)

Nutritional Information: Calories 90 (23% from fat); Fat 2.3g (sat 1.1g, mono 0.6g, poly 0.4g); Iron 0.7mg; Cholesterol 6mg; Calcium 46mg; Carbohydrate 17.8g; Sodium 157mg; Protein 1.6g; Fiber 3.8g

Recipe Source: Cooking Light, April 2001

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.