

## 5 A Day Recipes

### Snacks

#### Pistachios, Fruits and Fun

##### Serves 8

- 1 pint basket fresh strawberries, stemmed and halved
- 1 cantaloupe, seeded, rind removed and cut into chunks (about 3 ½ cups)
- 2½ cups seedless green grapes
- 1/3 cup shelled natural pistachios
- 1/3 cup frozen lemonade concentrate
- 2 Tbsp. sugar

In a large bowl combine fruits and pistachios. Mix lemonade concentrate with sugar, stirring vigorously. Pour lemonade mixture over fruits; toss gently to coat, completely. Refrigerate until ready to serve; toss before serving.

##### Nutritional Analysis

Calories: 135  
Fat: 3 g  
Cholesterol: 0 mg  
Fiber: 2 g  
Sodium: 9 mg  
% Calories from Fat: 21%

This is an official 5 A Day recipe, and provides eight people with about 2 ½ servings of fruit each.