



RECIPE #631 Diabetic Friendly Fruit Salad

Serving Size and Ingredients:

25 Servings	50 Servings	100 Servings	Ingredients
2 lbs + 8 oz	5 lbs	9 lbs + 15oz	Pineapple Chunks in Juice
2 lbs + 5 oz	5 lbs	9 lbs + 15 oz	Peaches in Juice
2 lbs + 8 oz	4 lbs + 15 oz	9 lbs + 14 oz	Pear Halves in Juice
1 lb + 7 oz	2 lbs + 14 oz	5 lbs + 11 oz	Bananas, sliced
1 lb + 5 oz	2 lbs + 10 oz	5 lbs + 5 oz	Red Grapes, halved, seeded
9 oz	1 lb + 2 oz	2 lbs + 4 oz	Dates, pitted, chopped
1 ½ T	3T	¼ cup + 2T	Cornstarch
1 cup + 2T	2 ¼ cups	1 qt + ½ cup	Pineapple Juice
3 oz	6 oz	12 oz	Neufchatel Cheese
3T	¼ cup + 2T	¾ cup	Lemon Juice
3T	¼ cup + 2T	¾ cup	Sugar
25	50	100	Lettuce Leaves

North Central New Mexico Economic Development District
 Council of Governments
 Non-Metro Area Agency on Aging
 PO Box 5115 Santa Fe NM 87502
 505-827-7313



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Instructions:

1. Drain canned fruits.
2. Dice pears and peaches.
3. Mix fruits together gently, chill.
4. Dressing: Mix cornstarch, sugar and pineapple juice.
5. Cook stirring constantly until thickened.
6. Beat cheese with lemon juice until soft and creamy.
7. Slowly add hot mixture to cheese mixture, beat well, chill.
8. Just before serving fruit salad, add dressing and toss lightly.
9. Portion $\frac{3}{4}$ cup on 1 lettuce leaf.

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