



INGREDIENTS:

1/3 cup fresh mint leaves, stems removed, minced
1/4 cup vegetable oil
1/4 cup lime juice
2 tbsp. sugar
1/2 tsp. lime zest
1/2 tsp. salt
1 3/4 cups fresh blueberries
1 large peach, sliced
2 cups cantaloupe, diced
3 cups Bibb lettuce, torn into bite-size pieces

www.theproducelady.org

Minted Blueberry Fruit Salad

DIRECTIONS:

In a medium bowl combine mint leaves, vegetable oil, lime juice, sugar, lime zest and salt to make a mint dressing. Stir in blueberries, sliced peach and cantaloupe. Allow fruit to marinate for 30 minutes. Place lettuce in a large serving bowl; top with marinated fruit and dressing; toss gently and serve immediately. Serves 4.

Adapted from www.blueberrycouncil.org

