



## WINTER JEWELLED FRUIT SALAD

Final Lifestyle

### Ingredients

- ½ cup pomegranate seeds (about 1 pomegranate)
- ½ cup julienne-cut peeled jicama (see Note below)
- 1/3 cup sliced seeded kumquats (about 6 medium)
- 2 medium ripe mangoes, peeled and cut into thin slices
- 2 tangerines or clementines, peeled and sectioned
- 2 blood oranges, peeled and sectioned
- 1 pear, thinly sliced
- 2 TBS fresh lime juice
- 2 TBS honey
- 1/4 TSP ground red pepper
- 1/8 TSP coarse sea salt

### Instructions

1. Combine first 7 ingredients in a large bowl, toss gently.
2. Combine lime juice, honey, pepper and salt in a small bowl, stirring well with a whisk. Pour over fruit, toss gently to coat.
3. Serve at room temperature.

### Portion-Per-Serving Information (Yields 8 servings):

1 serving = 1 cup = 1-1/2 FR

---

Note: Jicama (pronounced HEE-kah-mah), also known as a Mexican potato or turnip, tastes like a cross between an apple and a potato and adds crunch to the salad.