



## WINTER JEWELED 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**

—Combine first 7 ingredients in a large bowl, toss gently.

—Combine lime juice, honey, pepper and salt in a small bowl, stirring well with a whisk. Pour over fruit, toss gently to coat.

—Serve at room temperature.

**SERVING INFO:** (Yields 8 servings):

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

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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.