

MIXED FRUIT IN GINGER SYRUP (TRY CAI)

This refreshing fruit salad can be made with any combination of fruits. Use papaya, star fruit, or firm bananas for a more exotic flavor and texture. I replaced the star fruit with orange slices for convenience purposes. I also decided to discard the ginger slices before pouring the syrup over the fruits. Sometimes the ginger is left on the fruit salad until right before serving. Recipe submitted by Carly Vong, Registered Dietitian

Amount	Measure	Ingredients	Preparation Method
4	Tablespoons	Water	
3-4	Slices	Ginger, fresh	Peeled
2	Tablespoons	Dry sherry	
2	Teaspoons	Lemon or lime juice	
1	Whole	Orange	Peeled, segmented
2	Cups	Pineapple, fresh	Cubed
1- ½	Cups	Canned lychees (light syrup)	

To make the syrup:

1. Place the ginger slices, juice from canned fruit, and water into a sauce pan. Bring the liquid to a boil.
2. Reduce the heat and simmer for 10-15 minutes. Leave to cool. Discard ginger slices and stir in sherry and lemon/lime juice.
3. Put all the fruit into a bowl. Pour the syrup over the fruits and toss lightly to combine.
4. Cover and chill for at least 6 hours or overnight to allow the flavors to mingle.
5. Serve.

Yield: Six (6) ½ cup servings.

	Calories	Sodium	Total fat	Sat. fat	Chol	Fiber
DVD	2,000	2400 mg	65 g	20 g	300 mg	25 g
1 serving of this recipe	77	50 mg (2%)	—	—	—	2g (8%)

Do you have recipes that you want us to modify?
Send it to Mable@cnesinc.org