

Betty's Fresh Fruit Salad Tossed with Salad Greens



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In this video, Betty demonstrates how to make a Fresh Fruit Salad Tossed with Salad Greens. This is a versatile salad, and you may change the types of salad greens and the types of fruits. Also, you may make as much or little as you like!

Ingredients (for a large bowl of salad):

- 2 cups fresh spinach leaves, washed and dried
- 2 cups fresh iceberg lettuce, washed and dried and torn in pieces
- 1 ½ cups fresh red raspberries, washed and dried
- 1 ½ cups fresh blueberries, washed and dried
- 1 ½ cups fresh pineapple, cut in chunks
- 1 ½ cups fresh strawberries, washed and halved
- 1 ½ cups fresh red seedless grapes, washed and dried
- 1 ½ cups banana slices, tossed with a slight amount of lemon juice
- carmalized cashews (from bettyskitchen), as desired
- poppy seed dressing (from bettyskitchen), as desired

In a large bowl, place 2 cups spinach leaves and 2 cups iceberg lettuce leaves, torn into manageable pieces. Add 1 ½ cups fresh red raspberries, 1 ½ cups fresh blueberries, 1 ½ cups fresh pineapple chunks, 1 ½ cups fresh strawberry halves, 1 ½ cups fresh red seedless grapes, and 1 ½ cups banana slices. Toss gently, until salad is well combined. Add about ½ cup caramelized cashews and toss again to incorporate them into the salad. Spoon salad onto a nice serving dish. Top with a few caramelized cashews and drizzle with poppy seed dressing. Serve immediately. Delicious! --Betty ☐