

Sunny Fruit Fiesta

1 cantaloupe, halved, seeded
1/2 honeydew melon, seeded
1/4 cup sugar substitute
1/4 cup fresh lime juice
1 tbsp. orange-flavored liqueur (optional)
1 1/2 tsp. lime peel, grated
1 cup strawberries, fresh, sliced
1 cup black or red seedless grapes

Using a melon baller, scoop cantaloupe and honeydew into balls; set aside. In a large mixing bowl, combine sugar, lime juice, lemon juice, orange liqueur, and lime peel. Stir well to dissolve sugar. Add cantaloupe balls, honeydew balls, strawberries and grapes to mixture. Toss gently to combine. Cover bowl with plastic wrap and refrigerate for at least 1 hour to blend flavors, stirring once or twice.

Spoon fruit mixture into serving bowls or hollowed-out melon halves, dividing evenly. Serve immediately. Makes 6 servings.

Variation: For a tropical fruit version, substitute kiwi slices, pineapple chunks, papaya slices, or mango cubes for the melon balls. Add a little grated fresh ginger or ground ginger. A dash of coconut extract would also make an intriguing addition. Try serving this version in a hollowed out pineapple half.

Nutrition information per serving: calories 62; protein 1 gram; fat 0 grams; sodium 7 mg