

# **Fruit Salad Medley**

1/2 cup orange juice

1 cup seedless grapes

1 orange, peeled, sliced and quartered

1 banana, peeled and sliced

1 peach or nectarine, pitted and cubed

Combine all fruits in a large bowl. Pour juice over fruits, cover and refrigerate until cold. Makes 4 servings.

## **Selection and Storage**

### **Bananas**

Choose bananas that are free of bruises and breaks in the skin. Bananas will continue to ripen at room temperature.

Ripe bananas can be stored in the refrigerator for a few days. The skin will darken, but the fruit is fine.

### **Grapes**

Select plump, firm grapes. Avoid soft grapes or grapes with dry or broken stems.

Refrigerate and use within 1–2 weeks.

### **Oranges**

Choose firm fruit, heavy for its size. The quality of an orange is not affected by a slight greenish color or scarred skin.

Refrigerate and use within 1–2 weeks.