

Fruit and Feta Salad

This salad is versatile to our local fruit-growing season. Use a single fruit or a combination. I like using a tart fruit and a sweet fruit. The feta adds a salty creaminess to the fruit but can be omitted for a dairy free version.

4 cups fruit (apricots, nectarines, blackberries, cherries, blueberries, strawberries)

Juice of one large lemon

3 tablespoons honey

Pinch of salt

2 tablespoons fresh mint, chopped

1/4 cup creamy feta

1. Wash, dry and pit fruit. Cut into bite size pieces, if necessary, and place in large bowl.
2. In a small bowl, whisk honey, lemon juice and salt together until combined. Stir in mint.
3. Pour honey lemon mixture over fruit and allow to sit for 5-10 minutes.
4. Spoon fruit into individual dishes or a large serving platter and crumble feta over fruit, distributing evenly.
5. Serve and enjoy!

Time: About 15-20 minutes

Yield: 4-6 serving