

## **Fruit Salad Supreme**

A delicious and good way to watch those calories.

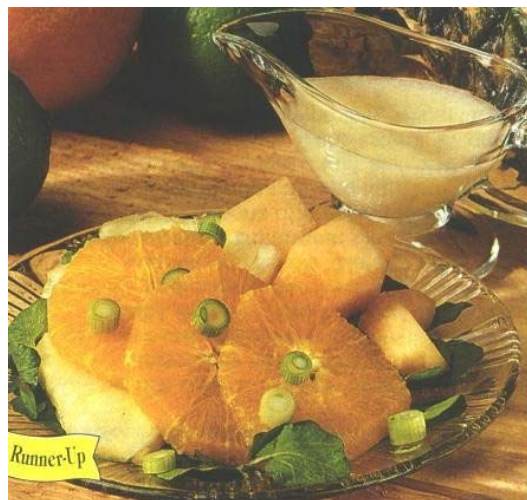
### **SALAD:**

2 cups watercress, stems removed  
8 fresh or canned pineapple rings, halved  
2 oranges, peeled and sliced crosswise

1-1/2 cups cantaloupe chunks  
1/4 cup sliced green onions, with tops OR  
1 small sweet onion, chopped

### **LIME DRESSING:**

1/4 cup vegetable oil  
2 Tb. lime juice  
1 Tb. sugar  
1/4 tsp. hot pepper sauce  
1 Tb. sour cream, reg., light, or fat-free



On individual plates, arrange watercress, pineapple and oranges.

Top with cantaloupe and onions.

In a small bowl, whisk oil, lime juice, sugar and hot pepper sauce until sugar is dissolved.

Stir in sour cream.

Serve with salads.

Yield: 4 servings