

# KIWI, APPLE, and PEAR SALAD



Harvest  
of the  
Month™

CalFresh  
1-877-410-8809



HUMBOLDT COUNTY OFFICE OF EDUCATION  
Nutrition Programs & Services

## INGREDIENTS:

- 3 kiwifruit, diced
- 2 apples, cored and diced
- 1 pear, diced
- Seeds from 1 pomegranate
- 1 lime, freshly squeezed
- 1 Tablespoon honey

## INSTRUCTIONS:

1. Place all of the prepared fruit into a medium size bowl.
2. In a small bowl, whisk the lime juice and honey with a fork until combined.
3. Pour dressing over the fruit and gently mix.
4. Serve and enjoy!

**Yield:** 4-6 servings

**Source:** HCOE Nutrition Department original

*The ingredients for this recipe can be purchased with CalFresh benefits. To learn more about or how to apply for CalFresh benefits, call Humboldt County DHHS Social Services at 1-877-410-8809 or visit [www.c4yourself.com](http://www.c4yourself.com).*

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