

Pineapple Poppy Seed Salad

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Pineapple, fresh, peeled and cored or canned, chunk	4 lb	4 each	8 lb	8 each
Kiwi fruit, peel and cut in half and then into slices		13 each		25 each
Bananas, peeled and sliced		10 each		20 each
Strawberries, hulled and sliced		1 1/2 qt		3 qt
Melon, honeydew or cantaloupe, peeled and medium dice or balls		1 1/2 qt		3 qt
100% pineapple juice, unsweetened		2 cup		1 qt
Honey		1/2 cup		1 cup
Lime zest, grated		4 tsp		2 1/2 Tbsp
Poppy Seeds		2 Tbsp		4 Tbsp

Directions

1. Place pineapple chunks in large bowl.
2. Add sliced kiwi, bananas, melon and strawberries to bowl.
3. Combine lemon juice and honey in medium bowl.
4. Add poppy seeds and lime zest to dressing bowl. Whisk together to blend.
5. Pour dressing over fruit and toss lightly to evenly coat fruit.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	80	
Total Fat	1 g	
Protein	1 g	
Carbohydrates	21 g	
Dietary Fiber	2 g	
Saturated Fat	NA	
Sodium	NA	

Meal Components

Fruits	1/2 cup
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6. Cover with food film and refrigerate at least 15 minutes for best flavor.

4. Serve 1/2 cup (4 ounces).

Notes

Additional Tips

You can find the recipe for 25 servings and family sized servings [here](#).