



## PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

### MELON BERRY TOSS

1 pound fresh strawberries, rinsed and drained

1 container (8 – 10 oz) fresh blueberries, rinsed and drained

1 large cantaloupe or 1 medium honeydew melon, rinsed

1 carton (6 ounces) vanilla yogurt

2 to 3 tablespoons orange juice

½ cup finely chopped pecans (optional)

1. Cut off and discard hulls (green caps) of strawberries.
2. Slice strawberries to make about 3 cups; place in large serving bowl along with blueberries.
3. With sharp knife, cut melon in half. Use spoon to scoop out seeds; discard seeds.
4. Using melon ball cutter, make melon balls (about 6 cups). Or cut melon into quarters; trim off and discard rind. Cut melon into bite-sized pieces.
5. Place melon in bowl with berries, stirring gently to combine.
6. Cover and chill for several hours or overnight.
7. In small bowl, stir together yogurt and 2 tablespoons of the orange juice. Add the last 1 tablespoon of orange juice if a thinner dressing is desired. Cover and refrigerate for several hours or overnight.
8. To toast nuts, place pecans in small dry skillet. Place skillet over medium-low heat; cook stirring occasionally until pecans smell nutty, about 3 minutes. Remove from heat, place nuts on small plate, and cool to room temperature.
9. Serve chilled fruit with dressing and toasted pecans on side.

Makes 8-10 servings.

