

Fruit Combo and Sauce

Is it a salad or dessert?



Level: Medium

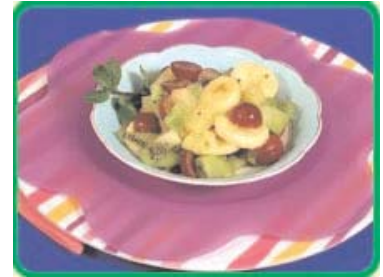
Serves: 4

Kids' Tool Kit

Measuring cups
Measuring spoons
Mixing bowl
Saucepan
Wooden spoon
Can opener
Knife
Cutting board

Ingredients:

2 tablespoons sugar
2 teaspoons cornstarch
1 cup pineapple juice
2 teaspoons lemon juice
¼ teaspoon lemon peel
1 cup canned pineapple tidbits
1 cup banana slices
1 cup kiwi slices
1 cup grapes, cut in half



Chef's Choice

Fruit Combo and
Sauce
Cinnamon graham
cracker
Low fat milk



Directions:

Remember to wash your hands!

1. Combine sugar and cornstarch in medium saucepan. Add pineapple juice, lemon juice and lemon peel.
2. Cook, stirring constantly, over medium-high heat until mixture comes to a boil. Reduce heat to low and cook 2 minutes or until slightly thickened. Cool slightly. Sauce can be served warm or chilled.
3. Combine fruit and spoon into individual dishes. Spoon sauce over fruit and serve.

Nutrition Facts

Serving Size 1 cup (256g)
Servings Per Container 4

Amount Per Serving		Calories 170	Calories from Fat 5
		% Daily Value*	
Total Fat	0.5g		1%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	44g		15%
Dietary Fiber	3g		14%
Sugars	38g		
Protein	2g		
Vitamin A	2%	Vitamin C	110%
Calcium	4%	Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
Calories: 2,000 2,500

Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Helpful Hints: It's important to keep stirring the fruit sauce to keep it smooth and so it won't scorch on the bottom of the pan. The sauce will thicken as it cooks and as it cools.



Safety Tip: Food safety begins with washing your hands before food prep, washing can lids before opening, washing fresh fruit before cutting and using a clean cutting board and knife. Food safety begins with you!

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.