

Orange and Honey-Ginger Fruit Salad – Comfort du Jour

It may be that you have never considered “dressing” a fruit salad, but why? We don’t often see a vegetable salad served dry, and fruit is just as worthy of dressing up a bit. Try this once and you’ll be craving fruit every day.

The combination I’ve used for this fruit salad is blood orange-fused extra virgin olive oil and honey-ginger white balsamic vinegar. The vinegar has a slight tartness to it, but it is mostly sweet with the warmth of honey, and the ginger is subtle but present. The olive oil is rich with the flavor of blood orange, because the oranges and olives are pressed together during production. This combination is so good, it makes itself at home in sweet and savory dishes alike.

INGREDIENTS

2 cups fresh pineapple chunks, cut into bite-sized bits
1 heaping cup fresh strawberries, sliced into quarters
1 cup fresh large blueberries
1 cup fresh white seedless grapes
3 Tbsp. honey-ginger white balsamic vinegar* (see notes)
3 Tbsp. blood orange whole fruit-fused extra virgin olive oil*
Lime zest or fresh chopped mint or basil, optional for garnish

*NOTES

I wish I could offer up a universal brand name for the olive oils and balsamic vinegars that I use, but they are bottled under various franchised names. Here’s a tip—if you have this type of store in your community, ask for the name of the supplier. If it is Veronica Foods, you’re in the right place!

INSTRUCTIONS

Wash your fruit just before assembling the salad, and it’s best to add berries just before serving or they tend to get mushy. Combine all the fruit in a bowl large enough for easy tossing in the dressing. I usually toss in one bowl then transfer to an attractive serving bowl.

Pour the honey-ginger white balsamic into a small bowl, or a glass measuring cup for easier pouring. Slowly pour the olive oil into the balsamic, whisking quickly and constantly, until the mixture is thick and syrupy.

Immediately pour the dressing over the fruit and toss gently to coat the fruit. Serve right away or refrigerate up to one hour, then toss again just before serving.

If you would like to put a little extra pizzazz onto the salad, sprinkle with fresh lime zest or thin strips of fresh mint or basil.