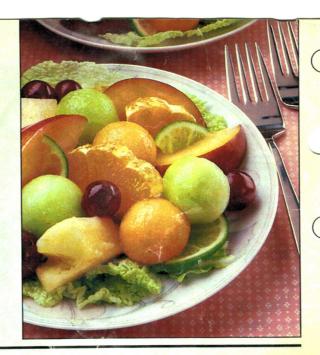


## Fresh Summer Salads

File under Salads **July 1987** 



\$50 WINNER Mrs. Cyndi Veth, Bremerton, Wash.

## **Anise Marinated Fruit Bowl**

'ndi tells us that this recipe is always a winner at potlucks and parties. And we ve. The delicate marinade adds an exquisite flavor to the colorful fruit—

- 2 tablespoons aniseed
- 1 cup water
- 3/4 cup sugar
- 1 tablespoon lemon juice
- 1/2 of a small pineapple
- 1/2 of a small honeydew melon
- 1/2 of a small cantaloupe
- 1 orange, peeled, sliced, and quartered
- 1 nectarine, cut into thin wedges
- 1 plum, cut into thin wedges
- 1/2 cup seedless red or green grapes
- 1/2 of a lime, sliced

Place aniseed in the center of an 8-inch square of several layers of cheesecloth. Bring edges together; tie with string. For marinade, in a small saucepan combine the aniseed bag, water, sugar, and lemon juice. Bring to boiling, stirring till sugar dissolves. Cook, uncovered, over medium heat for 5 to 7 minutes or till golden and the consistency of a thin syrup (should have about 1 cup syrup). Do not remove bag. Cool syrup slightly.

Wash and peel pineapple; remove eyes and core. Cut fruit into bite-size pieces. With a melon baller, scoop balls from honeydew melon and cantaloupe.

In a 3- or 4-quart bowl combine fruits (should have about 9 cups fruit total). Add evrup; toss till fruit is well coated. Marinate, covered, in the refrigerator several urs or overnight, stirring occasionally. Remove aniseed bag. Serve on cabbageor lettuce-lined plates. Makes 10 servings.

Nutrition information per serving: 119 cal., 1 g pro., 30 g carbo., 1 g fat, 0 mg chol., 6 mg sodium, 2 g dietary fiber. U.S. RDA: 21% vit. A, 55% vit. C.