



## Tropical Fruit Salad with Nutmeg-Chili Vinaigrette

### Ingredients:

#### Salad:

4 large oranges (450 g)  
1 large or 2 small papaya (approx. 1 lb or 500 g)  
2 cups (300 g) frozen wild blueberries (defrosted)  
1 cup (150 g) mozzarella bocconcini (omit for vegan)  
Mint leaves for garnish

#### Vinaigrette:

Juice from orange preparation  
2 teaspoons (10 mL) walnut oil  
1 teaspoon (5-10 mL) honey (2 if oranges are very tart)  
¼ teaspoon of salt  
¼ teaspoon of nutmeg (freshly ground is best)  
¼ tsp chili powder



#### Preparation:

Peel oranges with knife to remove skin and pith. Cut oranges in sections, removing membrane between sections and collect juice while sectioning. Mix walnut oil, orange juice, honey and spices together. Add spices to taste. Cut papaya in half and scrape out seeds with a teaspoon. Peel the halves and cut into ¾ inch pieces. Combine orange sections, papaya, mozzarella and add wild blueberries (drained if necessary). Drizzle over vinaigrette; serve with mint leaves. Serve within 5 minutes as blueberries will change colours if left to sit.

**Preparation time:** Approximately 15 minutes plus time for defrosting.

**Servings:** 6

#### Nutrition information per serving:

100 calories; 2 g protein; 2 g fat; 18 g carbohydrates

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Recipe to be used in association with or credited to the Wild Blueberry Association of North America ([www.wildblueberryassociation.ca](http://www.wildblueberryassociation.ca)). For additional recipes, visuals and information or to arrange an interview or in-studio segment, please contact Susan Willemsen or Ruth Colapinto at The Siren Group Inc. Tel: (416) 461-5270. Email: [susan@thesirengroup.com](mailto:susan@thesirengroup.com) or [ruth@thesirengroup.com](mailto:ruth@thesirengroup.com). Visit [www.thesirengroup.com](http://www.thesirengroup.com) or on Twitter, Facebook and Instagram @thesirengroup.