

Grilled Angel Food with Fruit Salsa

- 13 ounces angel food loaf cake
 - ½ cup cantaloupe, chopped
 - ½ cup strawberries, chopped
 - ½ cup blueberries
 - ½ cup honeydew melon, chopped
 - 3 tablespoons sugar
 - 1 tablespoon fresh lime juice
1. Heat grill. In medium bowl, combine fruit, sugar and lime juice and mix well.
 2. Slice cake in half horizontally and place, cut side down, on grill 4 to 6 inches from medium coals. Grill for 30 to 60 seconds or until light golden brown. Cut cake into 8 pieces and top with fruit salsa to serve.

Yield 8 servings.

Nutrition Facts		
Serving Size: about 1/8 of recipes		
Servings per recipe: 8		
Amount Per Serving		
Calories 152	Calories from fat trace	
		% Daily
Value		
Total Fat trace		0%
Saturated fat trace		0%
Cholesterol 0mg		0%
Sodium 237mg		10%
Carbohydrate 36g		12%
Dietary Fiber 1g		3%
Protein 3g		6%
Vitamin A: 7%	Vitamin C: 23%	Folacin: 5%
Calcium: 4%	Iron: 1%	Potassium:
4%		

Source: Modified from original source: Pillbury's Farmer's Market Cookbook.

Provided by:

Barbara Brown
 Food Specialist
 OSU Cooperative Extension Service
 Stillwater, Oklahoma 74078-6141
bbrown@okstate.edu