



All The Best with Jersey Fresh Fruit Cocktail

by Chef Michelle Washington Wilson

Ingredients

- 1 fresh cantaloupe
- 1 quart fresh strawberries, sliced in half
- 1 pint fresh blueberries
- 1 pint fresh blackberries
- One 8 ounce jar canned peaches in syrup
- One 8 ounce can of pineapple rings in syrup
- 1 can of fruit cocktail
- 8 ounces fresh pineapple chunks
- 8 ounces red seedless grapes cut in half
- 8 ounces green seedless grapes cut in half
- 1 small jar of maraschino cherries for garnish

Directions

1. Cut the cantaloupe in half, reserving the melon shell to use as a bowl.
2. Scoop or slice melon from cantaloupe and chop into bite-size pieces.
3. Combine fresh fruit in a large bowl.
4. Add canned fruits with half the liquid from each product.
5. Blend together.
6. Transfer fruit salad to cantaloupe shell for presentation, or serve directly from the bowl.
7. Add one maraschino cherry to each serving as garnish.
8. Serve and enjoy! Makes 5-8 portions.



Scan the QR code to watch how to make this and other recipes.

Share Your Foodways is a project of the Division of Folklife and Cultural Heritage at the Arts Institute of Middlesex County, New Jersey, with support from the Middlesex County Board of County Commissioners, the New Jersey Folk Festival, the New Jersey State Council on the Arts, a partner agency of the National Endowment for the Arts, and the National Endowment for the Arts.