

Lychee



Facts:

- An excellent source of vitamin C and various minerals
- Vitamin C helps maintain healthy skin

Resource: <http://fruitsandveggiesmorematters.org>

Produce Tips:

- Pierce your fingernail and peel back half the skin, then squeeze out the fruit
- Ripeness is shown when lychees with red shells are heavy for their size; brown patches indicate sweeter fruit
- Refrigerate for up to 10 days

Lychee Fruit Salad

Ingredients:

- 1-1/3 cups lychee
- 1-1/3 cups mandarin orange
- 1 cup pineapple chunks
- 2 cups honeydew melon
- 1 large pear

[Http://melissas.com/Recipes](http://melissas.com/Recipes)

Directions:

1. Peel the skin off of lychee, as well as for other fruits (if necessary)
2. Cut them into bite-size pieces
3. Toss in a medium bowl
4. Serve