



MAYOR MICK CORNETT'S

# Simple Fruit Salad

By Kent Anderson Photo by K.O. Rinearson

When Mayor Mick Cornett challenged the people of Oklahoma City to lose one million pounds in the battle against obesity, he knew it would be a gradual, long-term process. He also knew he would have to lead by example.

"On December 31, 2007, when I left home to launch the health initiative and 'This City is Going on a Diet' website, my wife warned me that people would begin watching what I ate," Cornett says. "That very day, we went to Marble Slab Creamery to have ice cream. The six or eight people in Marble Slab were astonished that I was there—even though I was eating bananas in my ice cream!"

It's been quite a journey, both for Mayor Cornett and the city. More than 22,000 Oklahoma City residents have registered for the program, losing more than 139,000 pounds this year. The project has garnered national attention for both the mayor and the city. Cornett has indeed led the way himself, shedding more than 30 pounds.

With all the attention, when we wondered what the mayor's own favorite healthy recipe might be, he was quick to share this fresh and easy fruit salad.

## MAYOR MICK'S SIMPLE FRUIT SALAD

2 apples (with peel)  
2 oranges  
2 bananas  
grapes

cherries  
strawberries  
1 pineapple (fresh, not canned)

Slice generous size chunks of apples (do not peel), oranges and pineapple into a large mixing bowl. Slice each grape in half. Use your hands to pit the cherries. (Mayor Cornett warns that this is a messy process!) Slice the strawberries into thirds. Toss into the bowl and mix well. Refrigerate between servings and the fruit salad should last five to seven days. Bananas are only added when served – one half banana per serving – so the mayor advises buying them a little green, if you intend to eat the salad over a period of several days. Add a little sugar or sweetener to taste.

Mayor Cornett is still "walking the walk" and is delighted to be moving the healthy eating initiative forward. "I used to eat a donut in Sunday school and now I have to eat a banana!" he says. "I encourage everyone to make healthy choices in their lives."

Visit [www.thiscityisgoingonadiet.com](http://www.thiscityisgoingonadiet.com) for more information on the program, including recipes and success stories. ■

Have a delicious recipe that you've been dying to share? Better yet, do you have an intriguing story to go along with it? Tell us about your own adventures in the kitchen, and you may be featured in an upcoming "A la Carte." Send your recipe and story to [alacarte@southwesternpub.com](mailto:alacarte@southwesternpub.com).