



Recipe of the Month – September 2014

Crisp Fruit Salad

Serves 6

Serving Size: $\frac{3}{4}$ cup

Ingredients

1 red **apple**
1 **pear**
1 tsp **lemon** juice
1 cup seedless **grapes**, halved
 $\frac{1}{2}$ cup **raisins**
1 container (6 oz) low fat, sugar free vanilla **yogurt**
2 Tbsp **low fat mayonnaise-type salad dressing**

Optional:

$\frac{1}{2}$ cup **celery**, chopped (about 1 stalk)
 $\frac{1}{4}$ cup **walnuts** or **almonds**, chopped

Directions

1. Wash fruit under cool running water.
2. Chop apple and pear (leave skin on). Add to large serving bowl and toss with lemon juice.
3. Add grapes and raisins to bowl.
4. Add any optional ingredients.
5. Combine yogurt and salad dressing in a small bowl and spread over fruit.
6. Stir to combine. Refrigerate. Best eaten the day it is prepared.

*Try with lemon, plain or plain Greek yogurt.

**Used dried cranberries or cherries instead of raisins.

***For a main dish salad, add chicken chunks, canned tuna, or salmon.



Make MyPlate Your Plate

NUTRITION FACTS PER SERVING: 120 calories, 2 g total fat, 0 mg cholesterol, 55 mg sodium, 26 g carbohydrates, 2 g fiber, 20 g sugars, 2 g protein