

Cheddar-Apple Salad

Inspired by our favorite Waldorf salad, this salad makes a tasty luncheon dish when served on a bed of lettuce with a whole grain muffin. Makes 6 servings.

4 small, sweet apples, unpeeled,
diced

2 tablespoons lemon juice

1 1/2 cups diced celery

1 cup canned pineapple chunks
(unsweetened), drained

6 ounces lowfat cheddar
cheese, cut into 1/2 inch cubes

1 1/2 ounces chopped walnuts

1/2 cup reduced-calorie
mayonnaise

1/2 cup plain low-fat yogurt

1 tablespoon plus 1 teaspoon
sugar (or sweetener equivalent
to 4 teaspoons sugar)

Sprinkle the lemon juice over the apple cubes. Toss. Add celery, pineapple, cheese, and walnuts. Toss gently, but thoroughly. In a small bowl, combine remaining ingredients and mix well. Add to the apple mixture, mixing well. Chill several hours to blend flavors.

Nutrition Information per serving: Calories 265, Fat 14 g, Cholesterol 16 mg, Sodium 280 mg, Carbohydrate 31 g, Protein 8 g

Recipe compiled from Lean and Luscious Volume II, (1988), Bobbie Hinman and Millie Snyder (Prima Publishing & Communications, P.O. Box 1260MLL, Rocklin, CA 95677, 461pp., \$13.95 softcover)