

Diced Apple Salad

1 teaspoon lemon juice
2 ½ cups diced apples
1 cup diced celery
½ cup broken pecans
1 tablespoon sugar
Dash of salt
½ cup low-fat yogurt
2 tablespoons fat-free mayonnaise
Crisp lettuce leaves

Directions: Blend together sugar, salt, low-fat yogurt and mayonnaise. Fold into apple mixture; chill. Serve on lettuce leaves. Make 4 servings.

Nutrient Analysis, per serving: 180 calories, 20 g. carbohydrate, 4 g. protein, 11 g. fat, 3 g. dietary fiber, 108 mg. sodium, 2 mg. cholesterol