

RECIPE

Grape and Cashew Salad Sandwich

Start to Finish: 15 minutes Servings: 4

Ingredients:

- 1 cup low-fat cottage cheese
- 1½ cups red grapes, quartered
- 1 stalk celery, chopped
- ¾ cup dry roasted cashews, unsalted, coarsely chopped
- Ground black pepper to taste
- 2 tablespoons fresh parsley, chopped
- 8 lettuce leaves
- 8 slices whole-grain bread

Directions:

1. In a medium bowl, mix cottage cheese, grapes, celery, cashews, parsley, and ground black pepper.
2. Toast bread and build sandwiches following steps 3 and 4.
3. Spread ¼ salad mix on 4 of the bread slices.
4. Add two lettuce leaves to each sandwich and top with 2nd bread slice.

Serving Suggestions:

Serve with a side of raw baby carrots (about ½ cup) and 1 cup of sparkling water w/ lemon wedge.

Nutrition Information Per Serving:

380 Calories; 16 g Total Fat; 3.5 g Saturated Fat; 5 mg Cholesterol; 430 mg Sodium; 45 g Total Carbohydrate; 6 g Dietary Fiber; 16 g Sugars; 19 g Protein

