



Grape and Cashew Salad Sandwich

Yield: 4 servings

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 tbsp 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; top with 2nd bread slice.

Nutrition Facts: Calories, 380; Calories from fat, 140; Total fat, 16g; Saturated fat, 3.5g; Trans fat 0g; Cholesterol, 5mg; Sodium, 430mg; Total Carbohydrate, 45g; Fiber, 6g; Protein, 19g; Vit. A, 80%; Vit. C, 15%; Calcium, 15%; Iron, 20%.

Source: www.choosemyplate.gov

