

FLUFFY GRAPE SUMMER SALAD

Gluten Free, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 12 (Serving = 1/2 cup)

Nutrition (per serving)

Calories: 190

Total Fat: 5 g

Saturated Fat: 2 g

Sodium: 80 mg

Total Carbohydrate: 34 g

Dietary Fiber: 2 g

Total Sugars: 28 g

Protein: 4 g



Ingredients

- 8 ounces light cream cheese, room temperature
- 1 cup non-fat vanilla Greek yogurt
- 2 Tablespoons granulated sugar
- 1 Tablespoon lemon juice
- 4 pounds red grapes, stems removed, rinsed, and patted dry
- 1/3 cup chopped pecans

Directions

1. In a large bowl, combine cream cheese, yogurt, sugar, and lemon juice. Mix with fork or electric mixer until smooth.
2. Fold in grapes to cream cheese mixture until evenly coated.
3. Cover with plastic wrap and refrigerate for at least one hour or overnight.
4. Sprinkle with pecans right before serving.



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