



# STRONG Heart Program Recipe-of-the-Month

## Autumn Fruit Salad

Recipe from *The Pampered Chef*

Ingredients compliments of Wegmans and Lori's Natural Foods

### Ingredients:

2 medium Granny Smith apples, unpeeled and diced  
Grated peel of 1 lime  
1 can (11 oz.) mandarin orange segments, drained  
1 cup halved seedless red grapes  
1 container (8 oz.) light vanilla low-fat yogurt  
2 tablespoons chopped nuts

### Directions:

1. In a large serving bowl, combine apple, peel, orange segments and grapes. Add yogurt; mix gently.
2. Refrigerate until ready to serve. Sprinkle nuts over top; serve immediately.

**Servings:** 8      **Serving Size:** 1/2 cup

**Nutrition Information:** 80 calories, 1g fat, 0g sat. fat, 1mg cholesterol, 22mg sodium, 16g carbohydrate, 3g fiber, 3g protein.