

Pineapple Garden Vegetable Salad

Ingredients:

2 cups romaine lettuce
 1 cucumber
 1 tomato
 8 ounces pineapple chunks in juice
 2 tablespoons dried cranberries
 2 tablespoons chopped nuts
 1 cup nonfat yogurt, plain
 1/4 cup orange juice
 2 tablespoons white vinegar

Equipment:

Cutting board
 Knife
 Mixing bowl
 Wooden spoon

Number of Servings: 4
 Prep Time: 20 minutes
 Total Time: 20 minutes

Directions

1. Tear lettuce apart into bite size pieces and put in large mixing bowl.
2. Open pineapple and drain juice from chunks. Add to bowl.
3. Wash tomato under running water and pat dry. To cut the core out of the tomato, place the tomato with the core up on the cutting board. Hold the tomato with one hand and insert a small, sharp paring knife into the tomato, next to the stem and just outside the core. Hold the knife steady while cutting. Point the knife at an angle towards the center of the tomato and create a full circle by rotating the tomato as you cut just around the stem. Pop out the core with the end of the knife. Turn tomato on its side and slice into 1/4 slices. Take half the slices and cut them across, turn and across again to get diced tomatoes. Repeat for other half. Add to bowl.
4. Wash and cut ends off of cucumbers. Cut into slices, stack and cut into quarters. Add to bowl. Add cranberries and chopped nuts, and mix the salad together well.
5. In small bowl, mix together yogurt, orange juice and vinegar. Stir until creamy.
6. Pour over salad and mix well until coated. Serve.

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Nutrition Facts

Serving Size: 3/4 cup	
Servings: 4	
Amount Per Serving	
Calories 121	Calories from Fat 27
%Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	3%
Cholesterol 1mg	0%
Sodium 51mg	2%
Potassium 536mg	15%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	9%
Protein 6g	11%
Vitamin A 23%	Vitamin C 50%
Iron 6%	Calcium 15%

*Percent Daily Values are based on a 2,000 calorie diet.

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