

Crunchy Apple Side Salad Recipe

Ingredients

- 1/3 cup fat-free sugar-free vanilla yogurt
- 1/3 cup reduced-fat whipped topping
- 1/4 teaspoon plus 1/8 teaspoon ground cinnamon, divided
- 2 medium red apples, chopped
- 1 large Granny Smith apple, chopped
- 1/4 cup dried cranberries
- 2 tablespoons chopped walnuts

Directions

1. In a large bowl, combine the yogurt, whipped topping and 1/4 teaspoon cinnamon. Add apples and cranberries; toss to coat. Refrigerate until serving. Sprinkle with walnuts and remaining cinnamon before serving. Yield: 5 servings.

Nutritional Facts

3/4 cup: 109 calories, 3g fat (1g saturated fat), 0 cholesterol, 12mg sodium, 22g carbohydrate (16g sugars, 3g fiber), 2g protein. Diabetic Exchanges: 1 fruit, 1/2 starch, 1/2 fat. loaf loosely with foil for the last 20 minutes of baking to prevent overbrowning. Cool in pan on a wire rack for 10 minutes. Remove from pan. Cool completely on wire rack. Wrap and store overnight before slicing. Makes 12 (1 slice each) servings

Remove the lid and scatter the cabbage wedges over the top.

Cover and continue cooking on high 3 to 4 hours longer, or until the beef is tender.

To serve, carve the beef into slices and serve with the cabbage, with some of the cooking liquid

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