

CREAMY GRAPE SALAD

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Can be either dessert or side dish

- 1 package (8 ounces) cream cheese, softened
- 1 cup (8 ounces) sour cream
- 1/3 cup sugar
- 2 teaspoons vanilla extract
- 2 pounds seedless red grapes
- 2 pounds seedless green grapes
- 3 tablespoons brown sugar
- 3 tablespoons chopped pecans



- *In a large bowl, beat the cream cheese, sour cream, sugar and vanilla until blended. Add grapes and toss to coat.*
- *Transfer to a serving bowl. Cover and refrigerate until serving. Sprinkle with brown sugar and pecans just before serving.*

1 serving (3/4 cup) equals 131 calories, 6 g fat (3 g saturated fat), 17 mg cholesterol, 35 mg sodium, 19 g carbohydrate, 1 g fiber, 2 g protein.



Hawaiian Turkey Sliders

Nutrition Information

- Serving size: 1 slider
- Per serving: 286 calories; 12 g fat; 2 g fiber; 28 g carbohydrates; 19 g protein

Directions

1. Preheat grill to medium-high.
 2. Combine turkey, teriyaki sauce, scallions and garlic in a medium bowl; gently knead together. Do not overmix. Form into 6 burgers, about 3 inches wide.
 3. Oil the grill rack (see Tip). Grill the burgers until an instant-read thermometer inserted in the center registers 165°F, 2 to 3 minutes per side. Grill pineapple rings until lightly charred, about 2 minutes per side. Grill onions until lightly charred and starting to soften, about 2 minutes per side.
 4. Assemble the burgers on toasted buns with 1 teaspoon mayonnaise, 1 lettuce leaf, 1 pineapple ring and about 3 onion rings each.
- To oil a grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill)

INGREDIENTS

- 1 pound 93%-lean ground turkey
- 2 tablespoons reduced-sodium teriyaki sauce
- 2 scallions, sliced
- 1 large garlic, minced
- ¼-inch-thick fresh pineapple ring
- 1 small red onion, cut into ¼-inch-thick rings
- toasted slider buns, preferably whole-wheat
- 2 tablespoons mayonnaise
- 6 small leaves Boston lettuce