



Pistachio Fruit Salad

Serves 8 (½ cup per serving)

Ingredients:

- 1 (20 oz.) can crushed pineapple packed in 100% juice
- 1 (1 oz.) package instant sugar-free pistachio pudding mix
- 1 (15 oz.) can mandarin oranges in light syrup or 100% juice
- 2 apples, chopped
- 2 cups grapes, halved

Directions:

Drain pineapple, reserving juice. In a medium bowl, whisk together the reserved pineapple juice and pudding mix for 2 minutes, or until mixture thickens. Stir in pineapple, mandarin oranges, apples and grapes. Cover and refrigerate until serving.

Per serving: 120 calories, 0 g fat, 1 g protein, 31 g carbohydrate, 3 g fiber, 31 mg sodium

This recipe is a Foot Steps to Health Recipe providing a serving of fruit or vegetable and is 500 Club Approved