



Vanilla Mint Pear & Grapefruit Salad

Serves 4

- 1 grapefruit
- 2 pears cut into wedges
- ½ cup canned apricot halves, drained
- ½ cup grapes, halved
- ½ cup low-fat vanilla yogurt
- 1 Tbsp. chopped fresh mint

Peel and section the grapefruit, setting aside 1 Tbsp. juice for use in the dressing. Cut grapefruit sections into bite-sized pieces. In a medium bowl, combine grapefruit, pears, apricots and grapes. In a separate bowl, combine yogurt, grapefruit juice and mint until well mixed. Arrange fruit in individual serving bowls and top with a large dollop of dressing. Top with a mint sprig and serve immediately.

Per serving: 140 calories, 1 g fat, 3 g protein, 34 g carbohydrate, 4 g fiber, 20 mg sodium