

Grape Cashew Salad Sandwich

Preparation Time: 15 minutes

The creamy and tangy goodness of low fat cottage cheese is the perfect balance to sweet grapes and cashews. Enjoy this salad as a sandwich filling or on a bed of lettuce.



Ingredients

1 cup Daisy Brand Low Fat Cottage Cheese
1½ cups red grapes, quartered
1 stalk celery, chopped
¾ cup dry roasted cashews, unsalted, coarsely chopped

Ground black pepper to taste
2 tbsp fresh parsley, chopped
8 lettuce leaves
8 slices whole grain bread

In a medium bowl, mix cottage cheese, grapes, celery, cashews, parsley, and ground black pepper. Toast bread and build sandwiches. Spread ¼ salad mix on 4 of the bread slices. Add two lettuce leaves to each sandwich; top with 2nd bread slice. Serves 4.