

1 teaspoon lemon juice  
2 ½ cups diced apples  
1 cup diced celery  
½ cup broken pecans  
1 tablespoon sugar  
Dash of salt  
½ cup lowfat yogurt  
2 tablespoons fatfree mayonnaise  
Crisp lettuce leaves

Directions Blend together sugar, salt, lowfat yogurt and mayonnaise. Fold into apple mixture; chill. Serve on lettuce leaves. Make 4 servings.

Nutrient Analysis, per serving: 180 calories, 20 g. carbohydrate, 4 g. protein, 11 g. fat, 3 g. dietary fiber, 108 mg. sodium, 2 mg. cholesterol