



Nutrition Information Per Serving:

Calories: 432
Protein: 27 g
Carbohydrates: 50 g
Fat: 15 g
Fiber: 9 g

PREP TIME 10 mins	COOK TIME 0 mins	TOTAL TIME 10 mins	RECIPE MAKES 1 serving
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We've updated the classic Waldorf Salad by adding more protein in the form of chickpeas and protein-packed Lowfat Plain Muuna cottage cheese. This crunchy and creamy salad takes only minutes to make and is a filling lunch or dinner with 27 grams of protein!

INGREDIENTS

- 2 cups Red Bibb or Romaine lettuce, chopped
- 1 Container of 5.3oz. Lowfat Plain Muuna cottage cheese
- ½ cup Canned chickpeas, drained
- ½ cup Granny Smith apple, chopped
- ¼ cup Red grapes, halved
- ¼ cup Celery, chopped
- ⅛ cup Pecans, toasted and chopped
- 2 tsp. Honey
- 1 tsp. Lemon juice
- Salt and pepper to taste

INSTRUCTIONS

- 1) In a medium-sized bowl, add lettuce.
- 2) In order, place the rest of the ingredients in sections around the outer edges of the bowl.
- 3) Drizzle honey and sprinkle lemon juice on top.
- 4) Sprinkle with salt and pepper.
- 5) Enjoy immediately!