Carrot Salad
Makes 6 Servings

1-1/2 cups finely grated carrots
8 ounces crushed pineapple, drained
1/2 cup dried cranberries
1/2 cup walnuts, chopped
1/2 cup light mayonnaise


Spinach Egg Burrito
Makes 2 Servings

oil to moisten pan and prevent sticking
2 eggs
5 spinach leaves, torn into small pieces
1 slice American cheese
1 whole-wheat tortilla

Sunshine Bowl
Makes 5 servings

15 ounces tropical fruit salad, drain
8 ounces mandarin oranges, drain
Mix together and refrigerate until ready to serve.

Yogurt Pie
Makes 8 Servings

8 ounces fruit-flavored, low fat yogurt
(with sugar)
8 ounces low fat whipped topping
1 graham cracker pie crust
Mix yogurt and whipped topping.
Put yogurt mixture in graham cracker crust. Chill or freeze.
Top with fresh fruit.