



SALAD CRISPS

Basic Lifestyle

Ingredients

- 1 small cucumber, peeled, halved lengthwise, seeded and chopped
- 1 large, ripe plum tomato, halved, seeded and finely chopped
- 1 TBS finely chopped fresh parsley leaves
- 1 TBS finely chopped fresh chives
- 2 TBS low-fat or fat-free blue cheese, ranch or other favorite dressing
- 1/8 TSP salt
- pinch ground black pepper
- 8 flat rye-crisp crackers

Instructions

1. Mix cucumber, tomato, parsley, chives, dressing, salt and pepper in small bowl.
2. Spoon onto each cracker, draining off liquid, dividing equally.

Portion-Per-Serving Information (Yields 4 servings):

1 serving = 2 crackers + veggie mixture = 1/2 V, 1/2 G