

Creamy Apple, Celery, Red Onion Salad
The Five Factor World Diet, 2009



Serves 2, takes 5 minutes

- 1.5 granny apples (any kind of apple works)
- 2 stalks celery, very thinly sliced (I slice 'em any which way)
- 2 tablespoons chopped red onion
- 1/2 cup nonfat sour cream
- 1/2 cup nonfat plain Greek yogourt (any yogourt works but do go low or non fat)
- 2 tablespoons minced fresh dill (if I don't have dill I use parsley or cilantro)
- 1 teaspoon rice vinegar (I've also used apple cider)
- pinch of salt
- Boston lettuce, watercress or baby spinach
- 2 slices rye bread, toasted

Combine everything except lettuce and bread and chill for 20 minutes. Arrange lettuce on a platter and put salad on top. Have with toast or something else, but the toast makes it a complete snack.