



Grape Breakfast Salad

Ingredients

4 oz. reduced-fat cream cheese, softened
1 cup vanilla-flavored low-fat Greek yogurt
1/4 cup honey
2 tsp shredded lemon peel
1/2 tsp vanilla
2 lb. green and/or red seedless grapes, halved (about 5 cups)
1 recipe Candied Nuts (follows) or 1 cup purchased candied walnuts
1 tsp fresh thyme leaves, optional
Honey, optional

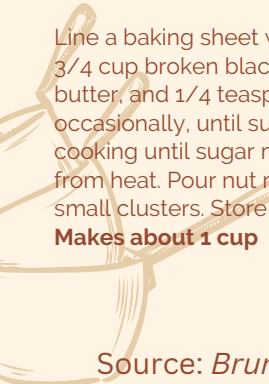
Directions

In a large bowl, beat cream cheese with an electric mixer on medium to high speed for 30 seconds. Add yogurt, 1/4 cup honey, lemon peel, and vanilla. Beat on medium speed until light and smooth. Add grapes; toss to coat.

Sprinkle individual servings with Candied Nuts and fresh thyme leaves. Drizzle with additional honey.

Servings: 6

Candied Nuts



Line a baking sheet with foil. Butter the foil. In a heavy medium skillet combine 3/4 cup broken black walnuts or English walnuts, 1/4 cup sugar, 1 tablespoon butter, and 1/4 teaspoon vanilla. Cook over medium-high heat, shaking skillet occasionally, until sugar begins to melt. Do not stir. Reduce heat to low. Continue cooking until sugar mixture is golden brown, stirring occasionally. Remove skillet from heat. Pour nut mixture onto the prepared baking sheet. Cool. Break into small clusters. Store tightly covered in the refrigerator for up to 3 weeks.

Makes about 1 cup

Source: *Brunch & Breakfast* (Better Homes & Gardens)