



## Grapes and Walnuts with Lemon Sour Cream Sauce

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### Ingredients:

- ½ cup fat-free sour cream
- 2 tablespoons powdered sugar
- ½ teaspoon lemon zest
- ½ teaspoon lemon juice
- ⅛ teaspoon vanilla extract
- 1 ½ cups red seedless grapes
- 1 ½ cups green seedless grapes
- 3 tablespoons chopped walnuts

### Directions:

In a small bowl, combine sour cream, powdered sugar, lemon zest, lemon juice and vanilla. Whisk to mix evenly. Cover and chill for several hours.

Divide grapes equally among 6 stemmed dessert glasses or bowls. Add 2 tablespoons of the lemon topping to each dish. Sprinkle each serving with ½ tablespoon of chopped walnuts. Serve immediately.

**Yield:** 6 servings

**Nutritional Information:** Calories 110; Cholesterol 2 mg; Protein 2 g; Sodium 29 mg; Carbohydrate 21 g; Fiber 1 g; Total fat 2 g; Potassium 174 mg; Saturated fat < 1 g; Calcium 37 mg; Monounsaturated fat 1 g.

Recipe Source: Mayo Clinic Staff Sept. 1, 2008; [www2.mayoclinicembodyhealth.com](http://www2.mayoclinicembodyhealth.com)

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.