

Chicory and Apple Salad

Ingredients

- 1 large red eating apple, cored and diced
- 1 large green eating apple, cored and diced
- Juice of 1/2 orange
- 1 piece chicory, trimmed and sliced into rings
- 100 g black grapes, halved and seeded
- 50 g Roquefort or Danish Blue cheese
- 150 ml low fat natural yogurt
- 2 level tsp 10 ml chopped fresh dill

Method

- Place the apples in a salad bowl with the orange juice and toss until thoroughly coated
- Add the chicory and grapes and mix together well
- To make the dressing, beat the cheese until smooth, then gradually add the yogurt, beating well until completely blended
- Mix in the dill. Pour the dressing over the salad ingredients and stir well

