

Low-Fat Watergate Salad



Prep time: 10 min

Total time: 1 hr 10 min

Makes: 8 servings, 1/2 cup each

What You Need

1 pkg. (1 oz.) JELL-O Pistachio Flavor Fat Free Sugar Free Instant Pudding

1 can (8 oz.) crushed pineapple in juice, un-drained

1 cup vanilla low-fat yogurt

2-1/2 cups thawed COOL WHIP FREE Whipped Topping, divided

Make It

MIX dry pudding mix, pineapple and yogurt in large bowl with whisk until well blended. Stir in 2 cups COOL WHIP.

REFRIGERATE 1 hour.

SERVE topped with remaining COOL WHIP.

Carb Choices: 1

Diet Exchange

1 Carbohydrate + 1/2 Fat

Try this low-fat classic recipe that can help you eat