

Waldorf Salad

The addition of fennel makes this heartburn-free recipe gentler on the stomach than a traditional Waldorf salad.

12 seedless purple grapes, halved lengthwise
1 apple, peeled and diced
1 cup coarsely chopped fennel bulb
1 tbsp snipped fresh parsley
2 tsp unsalted sunflower seeds (optional)
2 tsp fat-free mayonnaise
1/4 tsp dried dillweed
Romaine lettuce

1. In a medium bowl, combine grapes, apple, fennel, parsley, sunflower seeds (if using), mayonnaise, and dillweed. Serve on beds of romaine lettuce.

Serves 2 to 3

Tip: If you're a fan of nuts, try chopped walnuts instead of sunflower seeds. Walnuts have a lower acid content than most nuts and may be easier on your stomach.

Recipes reprinted from *Chronic Heartburn: Managing Acid Reflux and GERD Through Understanding, Diet and Lifestyle -- Includes More than 100 Recipes* by Barbara Wendland, MSc, RD, and Lisa Marie Ruffolo. Copyright 2006 by Robert Rose, Toronto.

<http://www.amazon.com/Chronic-Heartburn-Managing-Understanding-Lifestyle/dp/0778801349>