

# Crunchy Cucumber Rounds

1 cup finely chopped red apple (do not peel)  
1 can (8 ounces) unsweetened crushed pineapple, drained  
¼ cup finely chopped pecans, toasted  
¼ cup reduced-fat sour cream  
1/8 teaspoon salt  
3 medium cucumbers

In a small bowl, combine the apple, pineapple, pecans, sour cream and salt.  
Cover and refrigerate until chilled.

To score cucumbers, cut lengthwise strips through peel.

Cut each cucumber into 16 slices. Blot with paper towels to remove moisture.

Spoon 1 teaspoon apple mixture onto each slice. Yield: 4 dozen

## Nutritional Analysis:

2 appetizers equals 21 calories, 1 g. fat, 1 mg cholesterol, 15mg sodium, 2 g.  
carbohydrates,  
trace fiber, trace protein. Diabetic Exchange: Free food.

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