

Waldorf Salad

Makes: 6 servings

Ingredients

- 1/4 cup** walnuts (chopped)
- 2** apple (cored and diced)
- 1 cup** celery (diced)
- 1/2 cup** raisins
- 1/4 cup** plain yogurt (non-fat)
- 1/2 teaspoon** sugar
- 1 teaspoon** lemon juice

Directions

1. Preheat oven to 350 degrees.
2. Place chopped walnuts on a baking sheet and bake for 12-15 minutes. Stir occasionally until they are evenly toasted.
3. Combine apples, celery, nuts, and raisins.
4. Stir together yogurt, sugar, and lemon juice. Pour over apple mixture and toss lightly.
5. Refrigerate leftovers within 2 hours.

Notes

Serve this dish with a whole wheat roll for a hearty meal.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	110	
Total Fat	3.5 g	5%
Protein	2 g	
Carbohydrates	18 g	6%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	25 mg	1%