



Waldorf Salad



Ingredients (Serves 6)

- 1/3 cup chopped walnuts
- 2 apples, cored and diced
- 1 cup diced celery
- 1/2 cup raisins
- 1/4 cup low-fat plain yogurt
- 1/2 teaspoon sugar
- 1 teaspoon lemon juice

Directions

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

NUTRITION FACTS

Serving per recipe 6
Serving size 2/3 cup

Amount per serving

Calories: 120
Calories from fat: 40
Total fat: 4.5g
Saturated fat: 0g
Trans fat: 0g

Cholesterol: 0
Sodium: 20mg
Total Carbohydrates: 21g
Dietary fiber: 3g
Sugars: 15g
Protein: 2g

Vitamin A: 4%
Vitamin C: 8%
Calcium: 4%
Iron: 2%