



Delightful Waldorf Salad

Ingredients:

- 2 medium Granny Smith apples, cored and medium diced
- 1 large crisp red apple, Montana-grown if possible, cored and medium diced
- 3/4 cup chopped celery
- 3/4 cup dried fruit (Montana cherries, raisins, blueberries, etc.)
- 1/2 cup plain yogurt, low-fat or nonfat
- 1 tablespoon lemon juice
- 1/2 cup chopped nuts (walnuts, almonds, pecans, pistachios, etc.) PLUS 1/4 cup for garnish

Instructions:

- 1) Combine the apples, celery, dried fruit, and lemon juice in a bowl.
- 2) Stir in the yogurt and nuts.
- 3) Serve in individual bowls or on small plates with a lettuce leaf.

Yield: 6 servings (3/4 cup)

Ideas/Substitutions

- Substitute chopped red pear - or some red grapes (cut in half) - for the red apple.
- Sweeten the dressing by using low-fat vanilla yogurt instead of plain yogurt.
- Use sunflower seeds rather than nuts - as a garnish and mixed into the salad.

Nutrition Analysis

Serving Size: 3/4 cup

Calories: 181

Total Fat: 7 g

Calories from Fat: 35%

Saturated Fat: 1.0 g

Trans Fat: 0.0 g

Total Carb: 28 g

Dietary Fiber: 3 g

Sodium: 26 mg

Protein: 3.3 g

Calcium: 65 mg

Iron: 0.7 mg

Recipe Source

Adapted from **Today's Diet and Nutrition**

<http://www.todaysdietandnutrition.com/>