



Waldorf Salad

Yield: 4 servings

Ingredients:

- 2 red-skinned crisp apples (3 cups)
- 2 tablespoons lemon juice
- 2 ribs celery, diced (1/2 cup)
- 2 tablespoons toasted walnuts, chopped
- 1/4 cup mayonnaise dressing, low-fat
- 4 cups romaine lettuce, washed and torn into bite-size pieces
- 1/4 cup raisins



Directions:

1. Wash and cut the apples into quarters, core, then dice into 3/4-inch pieces. Toss with the lemon juice.
2. Add the celery, walnuts, and mayonnaise dressing. Mix thoroughly.
3. Place the lettuce on four plates or into salad bowls.
4. Scoop the apple mixture onto each salad.
5. Scatter raisins over the top.

Nutrition Facts per Serving: Calories: 129, Total fat: 4 g, Saturated fat: 0 g, Carbohydrate: 25 g, Sodium: 163 mg, Fiber: 4 g

Source: *A Healthier You*, Centers for Disease Control and Prevention



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