



REFRESHING

Waldorf Salad

4 Servings

INGREDIENTS

- ½ cup non-fat plain yogurt or ⅓ cup non-fat plain Greek-style yogurt
- ½ cup walnuts
- 2 tablespoons of mayonnaise, preferably made with canola oil
- 1 teaspoon lemon juice
- 1 teaspoon honey
- 1 cup chopped celery
- 2 medium apples, chopped (about 2½ cups)

DIRECTIONS

1. Preheat the oven to 350°F.
2. If using regular yogurt instead of Greek-style yogurt, place in a strainer lined with a paper towel. Put the strainer over a bowl and place in the refrigerator to drain and thicken for 20 minutes.
3. Spread the walnuts on a baking sheet and toast in the oven for 8–9 minutes. Set aside to cool; then chop coarsely.
4. In a small bowl, combine the thickened or Greek-style yogurt, mayonnaise, lemon juice, and honey until smooth.
5. In medium sized bowl, toss together the toasted walnuts, celery, and apples. Pour the dressing over the salad and toss to combine.

NUTRITION ANALYSIS	(PER SERVING)
Calories	207
Total Fat	15 g
Saturated Fat.....	1.5 g
Trans Fat.....	0.0 g
Polyunsaturated Fat	11 g
Monounsaturated Fat	2 g
Cholesterol.....	5 mg
Sodium.....	67 mg
Carbohydrates.....	16 g
Fiber	3 g
Sugars	11 g
Protein	5 g
Dietary Exchanges: 1 fruit, 1 vegetable, 3 fat	

This recipe from California Walnuts is an American Heart Association Heart-Check Certified Recipe

