WALDORF SALAD

Serving Size: 2/3 cup
Yield: 6 servings

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

Instructions
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. 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 to 3 hours.
Nutrition information:
Calories: 110
Carbohydrate: 19 gm
Fiber: 2 gm
Fat: 3.5 gm
Protein: 2 gm
Cholesterol: 0 mg
Sodium: 25 mg

For more information, contact your county WVU Extension office or go to www.ext.wvu.edu.

Healthy Tip ♥
Serve this dish with a whole-wheat roll for a hearty meal.

Remember 🤞
Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.

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From Healthy Recipes (http://healthyrecipes.oregonstate.edu/all-recipes).