

Waldorf Salad

This recipe contains more than one type of fruit or vegetable, rich in different nutrients. Try many colors and kinds.

Ingredients:

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

Directions:

1. Preheat oven to 350_F.
2. Place chopped walnuts on a baking sheet and bake for 12-15 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 2-3 hours.

Tip: Serve this dish with a whole wheat roll for a hearty meal.

Nutrition Facts	
Serving Size 2/3 cup (100g)	
Servings Per Container 6	
Amount Per Serving	
Calories 110	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 14g	
Protein 2g	
Vitamin A 4%	• Vitamin C 6%
Calcium 4%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

6 servings, 2/3 cup each

Bright Ideas:

Source: OSU Extension, Clackamas County. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>