

WALDORF SALAD

Ingredients

- ~5 Apples crisp (use a mix of red and green: Pink Lady, Fuji, Gala or Granny Smith apples)
- 1 Tablespoon lemon juice
- 2 Cups red grapes cut in half
- 1 Cup celery chopped (about 3 stalks)
- 1 Cup walnuts halved
- 1 Cup Raisins
- $\frac{3}{4}$ cup mayonnaise or plain yogurt
- 3 cups green leaf lettuce or mixed greens

Directions:

Slice apples then chop into bite-size pieces. Place apple chunks in a bowl and toss in lemon juice. Mix celery, grapes, raisins, and walnuts in with the apples. Add mayonnaise or yogurt and stir until the fruit and nuts are well-coated. Refrigerate until ready to serve. Serve on a bed of green leaf lettuce or mixed greens.

Notes:

This recipe uses the same creamy dressing as the original Waldorf salad recipe – mayonnaise. The sweetness of the apples and raisins complements the mayonnaise without it overpowering their flavor. Variations have been added to this dressing over the years. For a sweeter dressing, mix 2 teaspoons of sugar or 1 teaspoon of honey into the mayonnaise before it is added to the salad. Stir in a little lemon juice for a fresh, citrus flavor. Substitutions for the mayonnaise can be made as well. For example, use non-fat yogurt, Miracle Whip, Greek yogurt, sour cream, or light mayonnaise for a lighter dressing.

Optional: Add cooked, cubed, skinless chicken breast to make it a light lunch.

Store leftovers in an airtight container in the refrigerator for up to three days.

Recipe credit: Favorite Family Recipes