

## Waldorf Salad

### Ingredients:

- 2 apples
- 1 stalk celery
- 1/4 cup walnuts, chopped
- 1/2 cup raisins
- 1/2 cup nonfat yogurt, vanilla flavored
- 1 teaspoon lemon juice
- 1 teaspoon sugar

### Equipment:

- Cutting board
- Knife
- Large salad bowl
- Small mixing bowl
- Measuring cups
- Measuring spoons

Number of Servings: 6  
 Prep Time: 15 minutes  
 Total Time: 15 minutes

### Directions

1. Wash apples. Leave the skin on the apple and cut in half through the core. Then cut each piece in half again until you have 4 quarters. Cut out seeds and core and chop into thin slices. Add to mixing bowl.
2. Wash a celery stalk and lay it on a cutting board. Cut off both ends and cut into shorter lengths. Lay these pieces side by side. Cut wider pieces in half lengthwise so that all the pieces are about the same size. Cut across the ends until all pieces are chopped up. Add to mixing bowl.
3. Add raisins and walnuts.
4. In another bowl, combine yogurt with lemon juice and sugar. Add to celery and apples. Mix until coated.
5. Refrigerate until ready to serve.

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Nutrition Facts			
Serving Size: 1/2 cup			
Servings: 6			
Amount Per Serving			
<b>Calories 112</b>	Calories from Fat 27		
	<b>%Daily Value*</b>		
<b>Total Fat 3g</b>			<b>5%</b>
Saturated Fat trace 1g			1%
<b>Cholesterol trace 1mg</b>			<b>0%</b>
<b>Sodium 33mg</b>			<b>1%</b>
<b>Potassium 278mg</b>			<b>8%</b>
<b>Total Carbohydrate 20g</b>			<b>7%</b>
Dietary Fiber 2g			9%
<b>Protein 3g</b>			<b>6%</b>
Vitamin A 1%		Vitamin C 9%	
Iron 3%		Calcium 6%	

\*Percent Daily Values are based on a 2,000 calorie diet.

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