

Waldorf Salad (side salad, dinner, dessert)



Ingredients:

2 medium Cortland apples, chopped

2 medium Macoun apples, chopped

2 tablespoons lemon juice

2 celery ribs, chopped

½ cup grapes, halved

¾ cup chopped walnuts

½ cup raisins or dried cranberries

1 cup nonfat plain yogurt or Cool Whip (as dessert)

Optional: 1 cup grilled or cooked chicken breast, chopped

Directions

1. In a large bowl, toss apples with lemon juice.
2. Gently stir in the celery, walnuts, raisins or cranberries, grapes, yogurt or Cool Whip, and chicken.
3. Refrigerate until serving.

Nutrition Facts (with yogurt and chicken):

Serving Size: ¾ cup

225 calories, 2g fat 120mg sodium, 11g sugars, 2g fiber, 21g protein.