

Waldorf Salad (*lighter recipe*)

Packed with heart-healthy nuts and nutrient-rich fruits and veggies, this low-fat salad is a treat!

- 1/4 cup fat-free mayonnaise or salad dressing
- 1/4 cup plain fat-free yogurt
- 1 tablespoon lemon juice
- 1 tablespoon fat-free (skim) milk
- 2 medium unpeeled red eating apples, coarsely chopped (2 cups)
- 2 medium celery stalks, chopped (1 cup)
- 2 tablespoons coarsely chopped nuts
- Salad greens, if desired

- 1.** Mix mayonnaise, yogurt, lemon juice and milk in medium bowl.
- 2.** Stir in apples, celery and nuts. Serve on salad greens. Cover and refrigerate any remaining salad.

1 Serving: Calories 90 (Calories from Fat 25); Total Fat 3 g (Saturated Fat 0g);
Cholesterol 0mg; Sodium 150 mg; Total Carbohydrate 16 g (Dietary Fiber 2 g);
Protein 2 g

% Daily Value: Vitamin A 2 %; Vitamin C 10 %; Calcium 4 %; Iron 2 %

Exchanges: 1 Fruit; 1/2 Fat

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