



Waldorf Salad



Ingredients

- 1/3 cup chopped **walnuts**
- 2 **apples**, cored and diced
- 1 cup diced **celery**
- 1/2 cup **raisins**
- 1/4 cup low-fat **plain yogurt**
- 1/2 teaspoon **sugar**
- 1 teaspoon **lemon juice**

Directions

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F.
3. Place chopped walnuts on a baking sheet and bake for 12 to 15 minutes. Stir occasionally until they are evenly toasted.
4. In a large bowl, combine apples, celery, nuts and raisins.
5. In a small bowl, stir together yogurt, sugar and lemon juice. Pour over apple mixture and toss lightly.
6. Refrigerate leftovers within 2 hours.

The recipe video was created by the [Oregon Dairy and Nutrition Council](#).

Notes

- Serve this dish with a whole-wheat roll for a hearty meal.
- Freeze extra lemon juice to use later.

Paid for in part by Oregon SNAP. OSU Extension Service prohibits discrimination in all its programs, services, activities and materials. This institution is an Equal Opportunity Provider and Employer.

Makes: 4 cups
Prep time: 15 minutes
Cooking time: 15 minutes

Nutrition Facts

| | |
|-------------------------------|-----------------------|
| 6 servings per container | |
| Serving size | 2/3 cup (107g) |
| Amount per Serving | |
| Calories | 120 |
| % Daily Value* | |
| Total Fat 4.5g | 6% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 25mg | 1% |
| Total Carbohydrate 20g | 7% |
| Dietary Fiber 3g | 11% |
| Total Sugars 15g | |
| Includes 0g Added Sugars | 0% |
| Protein 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 42mg | 4% |
| Iron 1mg | 6% |
| Potassium 253mg | 6% |
| Vitamin A 7mcg | 1% |
| Vitamin C 4mg | 4% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.