

Waldorf Salad

INGREDIENTS:

- ✓ ½ cup walnut halves
- ✓ ½ cup non-fat yogurt
- ✓ 2 TBSP light mayonnaise
- ✓ 2 TBSP minced fresh flat-leaf parsley (optional)
- ✓ 1 Tsp honey
- ✓ ½ lemon, zest finely grated
- ✓ Fresh ground black pepper
- ✓ 2 large crisp apples, such as Gala
- ✓ 2 ribs celery (with leaves), sliced into ½ inch thick pieces (leaves chopped)
- ✓ ¼ cup golden raisins
- ✓ ½ lemon, juiced
- ✓ 1 head of your favorite lettuce, trimmed, washed and dried

SERVING:

When ready to serve, toss walnuts into salad.

Arrange the lettuce leaves on a large platter, or divide them among 4 salad plates. Place the salad on the lettuce and serve!

Serves 4



INSTRUCTIONS:

Whisk the yogurt, mayonnaise, parsley, honey, and lemon zest in a large bowl and season generously with pepper.

Halve, core and cut the apples into ¾ inch pieces, leaving the skin intact.

Add the apples, celery and raisins to the bowl, and sprinkle with the lemon juice; then toss with the dressing.

Cover and refrigerate if not serving immediately.

Visit secondharvestkitchen.org to find more recipes, classes, and ways to get involved!



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