



Potato Waldorf Salad



Ingredients



- 1/2 cup walnut halves
- 1 cup non-fat mayonnaise
- 2 TBSP light mayonnaise
- 2 TBSP minced fresh parsley (optional)
- 1 Tsp honey
- 1/2 lemon, zest finely grated
- Fresh ground black pepper
- 1 TBSP ground cumin
- 1/2 TSP ground cinnamon
- 1 TSP curry powder
- 2 large crisp apples, not peeled
- 2 celery stalks, diced
- 1/4 cup golden raisins
- 1/2 lemon, juiced
- 1 head of lettuce, washed, and dried



Directions



- 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 3/4 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.

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!

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



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Fast Facts



Featured Food Groups



Cooking Tips

- Have other fresh or dried fruit? Add it!
- Mayonnaise can be substituted with non-fat yogurt.
- Dried cranberries also work great!

Nutrition Facts

Nutrition Facts	
4 servings per container	
Serving size	
Amount Per Serving	
Calories	200
	<small>% Daily Value*</small>
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 31g	11%
Dietary Fiber 5g	18%
Total Sugars 21g	
Includes 1g Added Sugars	2%
Protein 5g	10%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*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.</small>	

Second Harvest is an equal opportunity provider.



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