

# Waldorf Salad

Makes 6 servings | **Fruits** • **Vegetables** • **Protein**

## Ingredients

- 2 medium apples
- 2 stalks celery
- ½ cup seedless grapes
- ⅓ cup nuts (optional)
- ½ cup low-fat plain or vanilla yogurt

## Directions

1. Wash hands with warm, soapy water.
2. Wash apples, celery, and grapes. Dice apples (leave peels on). Dice celery. Cut grapes in half.
3. Chop peanuts into small pieces.
4. Combine apples, celery, grapes, nuts, and yogurt.
5. Toss gently and serve immediately. Serve alone or in pita bread as a sandwich.
6. Store leftovers in the refrigerator up to one day.

## Variation

**Make it a Main Dish-** Toss in 1 cup cubed grilled or baked chicken, 9-10 ounces of canned chicken or tuna, or other canned or cooked protein.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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