

Summer Waldorf Salad

Makes 6 servings | **Fruits** • **Protein** • **Dairy** • **Vegetable**

Ingredients

- 1 large peach or nectarine
- 1 medium apple
- 2 stalks celery
- ½ cup seedless grapes, blueberries, blackberries, or raspberries
- ⅓ cup nuts (pistachios, walnuts, peanuts, etc.)
- ½ cup low-fat plain or vanilla yogurt

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Wash peach, apple, celery, and grapes or berries.
3. Dice peach and apple (leave peels on). Dice celery. Cut grapes in half. If using berries, leave whole.
4. Chop nuts into small pieces.
5. Combine fruit, celery, nuts, and yogurt.
6. Toss gently and serve immediately. Serve alone or in pita bread as a sandwich.
7. Store leftovers in the refrigerator up to one day.

Variation

Make it a Main Dish- Toss in 1 cup cubed grilled or baked chicken.



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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