



## Waldorf Salad

### Ingredients

- 1/3 cup raisins
- 2 Tablespoons sugar, divided
- 4 medium apples, cubed
- 1 stalk celery, chopped
- 1/2 cup low-fat plain yogurt
- 3 Tablespoons light mayonnaise
- 3 Tablespoons cider vinegar

Makes 6 servings

### Instructions

1. In a large bowl combine raisins, 1 Tablespoon sugar, apples and celery. Mix well, set bowl aside.
2. In a medium bowl combine yogurt, mayonnaise, vinegar and remaining 1 Tablespoon sugar. Mix well, add to apple mixture and stir gently.
3. Serve immediately or cover and refrigerate until serving time.

### Notes:

- Season with a dash of pepper if desired.
- Add 1/4 cup chopped walnuts if desired.

### Nutrition Facts

Serving Size 1 cup	
Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories 140</b>	<b>Calories from Fat 25</b>
<b>% Daily Value*</b>	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 85mg</b>	<b>4%</b>
<b>Total Carbohydrate 29g</b>	<b>10%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 23g	
<b>Protein 1g</b>	
Vitamin A 2%	• Vitamin C 10%
Calcium 4%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

19% calories from fat

**Source:** Cornell Cooperative Extension of Schoharie County.

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