

Waldorf Salad

Ingredients

- 1 cup walnuts
- 1/2 cup red grapes, halved
- 1/2 cup green grapes, halved
- 1 cup celery, sliced
- 2 apples, 1 red and 1 green, cut into chunks (don't peel)
- 1/4 cup raisins or dried cranberries
- 1 cup plain Greek nonfat yogurt
- 1 tsp. honey



Toast walnuts at 350 degrees on preheated cookie sheet for 8-10 minutes. Cool. Whisk honey into yogurt, then combine with the rest of ingredients.

This makes a great breakfast or side dish. Add cooked turkey or chicken for a meal. You could swap vanilla lowfat yogurt for the plain yogurt and honey. The red and green combinations create a festive Christmas dish, but using only red for Valentine's Day or green for St. Patrick's Day is a fun option.