



January 5- Waldorf Salad

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/waldorf-salad>

Recipe

Ingredients:

- 1/4 cup walnuts (chopped)
- 2 units apple (cored and diced)
- 1 cup celery (diced)
- 1/2 cup raisins
- 1/4 cup plain yogurt (non-fat)
- 1/2 teaspoon sugar
- 1 teaspoon lemon juice

Directions:

1. Preheat oven to 350°F.
2. Place chopped walnuts on a baking sheet and bake for 12-15 minutes. Stir occasionally until they are evenly toasted.
3. Combine apples, celery, nuts, and raisins.
4. Stir together yogurt, sugar, and lemon juice. Pour over apple mixture and toss lightly.
5. Refrigerate leftovers within 2 hours.

Yield 6 servings

Nutrition Facts

Serving Size 2/3 cup (100.16g)
Servings Per Container 6

Amount Per Serving

Calories 150 **Calories from Fat** 60

% Daily Value*

Total Fat 6g **10%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 21g **7%**

Dietary Fiber 3g **11%**

Sugars 15g

Protein 2g **5%**

Vitamin A 0% • Vitamin C 6%

Calcium 4% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.