

## Apple Waldorf salad



Recipe credit

Adapted from the United States Department of Agriculture's [Waldorf Salad](#)

## About this recipe

Serves

6

Serving size

2/3 cup

Time to make

15 minutes preparation

Special criteria

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# Ingredients

- 2 cups diced apples
- 1 cup diced celery
- 1/2 cup raisins or dried cranberries
- 1/2 cup walnuts, chopped
- 6 ounces low-fat plain yogurt or 2 tablespoons salad dressing
- 1 tablespoon orange juice

# Directions

1. Mix orange juice with yogurt or salad dressing.
2. Toss apples, celery, raisins, and walnuts with the orange juice mixture.

# Tips and variations

- Older children can dice apples and celery into pieces.
- Children can toss the salad ingredients together.
- Use vanilla yogurt for a sweeter flavor.

# Nutritional info

Calories

135

Total fat

7 g

Saturated fat

1 g

Cholesterol

2 mg

Sodium

36 mg

Total carbohydrates

17 g  
Dietary fiber  
1 g  
Protein  
3 g  
Total sugar  
14 g  
Allergens  
Dairy

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