

Waldorf Salad



Lighten up a classic Waldorf salad by substituting fat free yogurt for high fat mayonnaise. This salad is super light and perfect for summer. With about 100 calories a serving, you can have seconds.

Yield: 4 servings

Preparation:

In a mixing bowl, whisk together yogurt and lemon juice. Add the walnuts, celery, grapes and apple, and toss to coat evenly. Serve on lettuce leaves and season with black pepper.

Ingredients:

3 tablespoons fat free plain yogurt
1 tablespoon fresh lemon juice
1/3 cup walnuts, chopped
1/2 cup thinly sliced celery
1/2 cup red seedless grapes, sliced in half
1 Red Delicious apple, cored and chopped
4 romaine lettuce leaves
Black pepper to taste

Nutritional Data Per Serving:

Calories: 102
Fat: 6g
Saturated Fat: 1g
Cholesterol: 0
Sodium: 19mg
Carbohydrates: 11g
Fiber: 2g
Protein: 9g

For more recipes that are healthy for your heart, visit emoryhealthcare.org/healthy-recipes.

EMORY
WOMEN'S HEART
CENTER