

Market District Demo Recipes

Side Dish



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Lightened Waldorf Salad

Serves: 8

Modified from: www.FoodNetwork.com

Items Needed: cutting board, knife, measuring cups, measuring spoons, zester, baking sheet, mixing bowls, mixing spoons, whisk

Ingredients:

- ½ cup walnut halves
- ½ cup non-fat yogurt
- 2 Tablespoons light mayonnaise
- 2 Tablespoons minced fresh flat-leaf parsley
- 1 teaspoon honey
- ½ lemon, zest finely grated
- Freshly ground black pepper
- 2 large crisp apples, such as Gala
- 2 ribs celery (with leaves), sliced into ½-inch-thick pieces (leaves chopped)
- ¼ cup golden raisins
- ½ lemon, juiced

Directions:

1. Preheat the oven to 350 F. Spread the nuts on a baking sheet and toast in the oven for 8 to 10 minutes. Cool and break the nuts up into small pieces.
2. Whisk the yogurt, mayonnaise, parsley, honey and lemon zest in a large bowl and season generously with pepper.
3. Halve, core, and cut the apples into ¾-inch pieces, leaving the skin intact. Add the apples, celery and raising to the bowl, and sprinkle with the lemon juice; then toss with the dressing. Cover and refrigerate if not serving immediately.
4. When ready to serve, toss walnuts into the salad.

Nutrition Information (per ½ cup):

Calories: 110 Fat: 5.5 g Carbs: 15.5 g Protein: 2.5 g Fiber: 2.5 g Sodium: 49 mg