

## Waldorf Salad

Serves: 4

### Ingredients

3 medium tart apples (peeled, cored, and cut in ½ -inch cubes)	2 Tbsp. plain low-fat yogurt
1 Tbsp. lemon juice	2 Tbsp. apple juice
1 cup seedless red or green grapes	2 Tbsp. chopped walnuts
2 medium stalks of celery, chopped	
2 Tbsp. reduced-calorie mayonnaise	

In a large bowl, toss apples with lemon juice. Add grapes, celery, and green onion and toss again.

In a small bowl, combine mayonnaise, yogurt, and apple juice and mix well. Spoon over fruit mixture and toss gently.

Mound fruit mixture on top and sprinkle with walnuts.

Per serving: 149 calories, 5 g fat.