Waldorf Salad

Description

This classic Waldorf Salad is a blend of fresh fruits and nuts with a refreshing citrus dressing. Waldorf Salad gets its name from the famous Waldorf Astoria hotel in New York.



Summary

Yield: 6
Prep Time: 15 minutes
Category: Salads
Cuisine: American

Ingredients

- 1 medium red apple, unpeeled and chopped
- 1 medium green apple, unpeeled and chopped
- 1 medium pear, unpeeled and chopped
- 1/2 cup green grapes
- 1/4 cup raisins
- 1/4 cup slivered almonds, toasted
- 1 ctn reduced-fat lemon yogurt (6 oz)
- 2 tsp lemon juice
- 2 tsp orange juice
- 2 tsp honey
- 1 tsp grated orange peel
- 1 bunch romaine lettuce

Instructions

1. In a large bowl, combine the red and green apples, pear, grapes, raisins and almonds.

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2. In a separate smaller bowl, combine the yogurt, lemon juice, organge juice, honey and orange peel. Stir to mix thoroughly.

3. To serve, pour the citrus dressing over the fruit mixture and stir to coat. Arrange over a bed of romaine lettuce leaves on a serving dish. Serve immediately.