

Recipe



Prep Time:	10 minutes
Cook Time:	10 minutes
Serving Size:	1 cup - 4 serv.

Nutrients Per Serving:	Calories	90
	Protein	2 g, Carbohydrate 16 g,
	Dietary Fiber	2 g, Total Fat 3 g,
	Saturated Fat	0 g, Sodium 150 mg

County information

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This recipe provided by the Ohio SNAP-Ed Nutrition Education Program

Waldorf Salad (lighter version)

INGREDIENTS

1/4 cup fat-free mayonnaise or salad dressing
1/4 cup plain fat-free yogurt
1 Tablespoon lemon juice
1 Tablespoon fat-free (skim) milk
2 medium, unpeeled red eating apples, chopped coarsely(2 cups)
2 medium stalks of celery, chopped (1 cup)
2 Tablespoons coarsely chopped nuts
Salad greens, if desired

DIRECTIONS

1. Combine together the mayonnaise, yogurt, lemon juice and milk in a medium bowl.
2. Stir in apples, celery and chopped nuts.
3. Serve over salad greens or as is.
4. Cover and refrigerate any remaining salad.



Source:

BettyCrocker.com

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www.whatscooking.fns.usda.gov



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