

# 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

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