



## Citrus Waldorf Salad

4 Servings

A refreshing twist for a traditional salad.

### Salad:

2 large apples, cored and chopped (skin on for extra fiber)  
1 teaspoon orange juice  
½ cup celery, thinly sliced  
½ cup red seedless grapes, sliced (or ¼ cup of raisins)  
¼ cup chopped walnuts

### Dressing:

¼ cup low fat mayonnaise  
1 tablespoon orange juice  
½ teaspoon salt  
¼ teaspoon pepper

In a medium sized bowl, whisk together the mayonnaise and orange juice. Add salt and pepper.

In a large bowl, add chopped apples. Sprinkle with orange juice to prevent browning. Add celery, grapes, and walnuts. Mix in dressing and refrigerate until ready to serve. Serve on a bed of lettuce.

### Nutrition Information

Calories: 140  
Total fat: 8g  
Saturated fat: 1g  
Carbohydrates: 17g  
Fiber: 3g  
Protein: 2g