



## Citrus Waldorf Salad

4 Servings

*A refreshing twist for a traditional salad.*

### Dressing:

- 1/4 cup low-fat mayonnaise
- 1 Tablespoon orange juice
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper

### Salad:

- 2 large apples, cored and chopped (skin on for extra fiber)
- 1 teaspoon orange juice
- 1/2 cup celery, thinly sliced
- 1/2 cup red seedless grapes, sliced (or 1/4 cup of raisins)
- 1/4 cup chopped walnuts

- Dressing: In a medium sized bowl, whisk together the mayonnaise and orange juice. Add salt and ground 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
- Carbohydrate: 17g
- Fiber: 3g
- Protein: 2g