

Foodnity Recipes

Waldorf Salad Recipe – Fresh & Healthy

15 min Prep time	**5 min** Cook time	**20 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Salad

- [ ] 2 crisp apples, cubed
- [ ] 1 cup seedless grapes, halved
- [ ] 1/2 cup toasted walnuts, chopped
- [ ] 2 stalks celery, thinly sliced
- [ ] 1/4 cup plain Greek yogurt
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp honey
- [ ] Pinch of salt

Instructions

1. Core and cube the apples, then place them in a bowl of cold water with lemon juice to keep them bright.
2. Toast the walnuts in a dry skillet over medium heat, stirring until fragrant, then set aside to cool.
3. In a small mixing bowl, whisk together Greek yogurt, honey, remaining lemon juice, and a pinch of salt until smooth.
4. Drain the apples, combine with grapes, celery, and walnuts in a large bowl. Drizzle the yogurt dressing over the mixture and toss gently.
5. Serve immediately, or chill for 10 minutes. Garnish with an extra sprinkle of walnuts if desired.

Nutrition per serving

250 kcal	5 g	28 g	12 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
> - If the salad looks a bit dry, add a splash more lemon juice or a teaspoon of olive oil.
> - For extra sweetness, toss in a handful of dried cranberries.
> - This dish pairs beautifully with a light creamy cucumber salad for a complete meal.