



## ***Waldorf Salad***

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Makes 6 Servings

1/4 cup nonfat plain yogurt  
3 tablespoons low-fat mayonnaise  
1/2 teaspoon curry powder  
1/8 teaspoon salt  
Pinch of cayenne pepper, or to taste  
1 orange  
2 tart-sweet red apples, diced  
1 cup chopped celery  
1/3 cup golden raisins  
1/3 cup coarsely chopped walnuts, toasted

Whisk yogurt, mayonnaise, curry powder, salt and cayenne in a medium bowl. Grate 2 teaspoons zest from the orange and add to the dressing.

Using a sharp knife, cut off the peel and white pith from the orange. To make segments, hold the orange over the bowl (to catch the juice) and slice between each segment and its surrounding membranes. Add apples, celery, raisins and walnuts; toss to combine.

### **Nutritional Analysis**

One Serving =  $\frac{3}{4}$  cup

Calories 136  
Fat 5g  
    Monounsaturated Fat 1g  
Sodium 134mg  
Carbohydrates 24g  
Fiber 4g  
Protein 2g  
Potassium 222mg

### **Diabetic Exchanges**

1  $\frac{1}{2}$  fruit, 1 fat