APPLE WALDORF SALAD

SERVES 8

Preparation time: 20 minutes

INGREDIENTS

2 cups diced apples
1 cup diced celery
½ cup raisins or craisins
½ cup walnuts, chopped
6 ounces low-fat vanilla yogurt or
2 tablespoons salad dressing
1 tablespoon orange juice

DIRECTIONS

1. Mix orange juice with yogurt or salad dressing.
2. Toss apples, celery, raisins, and walnuts with the orange juice mixture.

WAYS FOR KIDS TO HELP

• OLDER CHILDREN CAN chop apples and celery into diced pieces.
• CHILDREN CAN toss the salad ingredients together.

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