

# Curried Waldorf Salad

The famous Waldorf Salad, full of apples, celery, raisins and walnuts, gets a healthful makeover with a touch of golden curry. It has nearly twice the fiber of typical versions.



## Ingredients

- ¼ cup nonfat plain yogurt
- 3 tablespoons low-fat mayonnaise
- ½ teaspoon curry powder
- ⅛ teaspoon salt
- Pinch of cayenne pepper, or to taste
- 1 orange
- 2 tart-sweet red apples, diced
- 1 cup chopped celery
- ⅓ cup golden raisins
- ⅓ cup coarsely chopped walnuts, toasted

## Instructions

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

### Yield:

6 servings,  
¾ cup each

### Active Time:

25 minutes

### Total Time:

25 minutes

### Nutrition Per Serving

136 Calories, Total Fat: 5 g, Saturated Fat: 0 g, Cholesterol: 0 mg, Carbohydrates: 24 g, Fiber: 4 g, Added Sugars: 0 g, Protein: 2 g, Sodium: 134 mg, Potassium: 222 mg, Folate: 13 mcg, Calcium: 47 mg

**Carbohydrate Servings:** 1 ½