



Curried Waldorf Salad

The famous Waldorf Salad, full of apples, celery, raisins and walnuts, gets a healthful makeover in 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 (see Tip)

Directions:

- 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.
- Tip: To toast chopped walnuts, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 5 minutes.

Yield: 6 - ¾ cup servings

Nutritional Information: 136 calories; 5 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 24 g carbohydrate; 2 g protein; 4 g fiber; 134 mg sodium; 222 mg potassium.

Recipe Source: *EatingWell Magazine* February/March 2005

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.