## Waldorf Salad

## Description

This classic Waldorf Salad is a blend of fresh fruits and nuts with a refreshing citrus dressing. Waldorf Salad gets its name from the famous Waldorf Astoria hotel in New York.

## Ingredients

- 1 medium red apple, unpeeled and chopped
  1 medium green apple, unpeeled and chopped
- 1 medium pear, unpeeled and chopped
- 1/2 cup green grapes
- 1/4 cup raisins
- 1/4 cup slivered almonds, toasted
- 1 ctn reduced-fat lemon yogurt (6 oz)
- 2 tsp lemon juice
- 2 tsp orange juice
- 2 tsp brange jaree 2 tsp honey 1 tsp grated orange peel 1 bunch romaine lettuce



Summary Yield: 6

Prep Time: 15 minutes Category: Salads Cuisine: American

## Instructions

- 1. In a large bowl, combine the red and green apples, pear, grapes, raisins and almonds.
- 2. In a separate smaller bowl, combine the yogurt, lemon juice, organge juice, honey and orange peel. Stir to mix thoroughly.
- To serve, pour the citrus dressing over the fruit mixture and stir to coat. Arrange over a bed of romaine lettuce leaves on a serving dish. Serve immediately.