

Waldorf Salad



INGREDIENTS

- 6 Tbsp mayonnaise (or plain yogurt)
- 1 Tbsp lemon juice
- 1/2 teaspoon salt
- Pinch of freshly ground black pepper
- 2 LARGE sweet apples, cored and chopped
- 1 cup red seedless grapes, sliced in half (or 1/4 cup of raisins)
- 1 cup celery, thinly sliced
- 1 cup chopped, slightly toasted walnuts or sunflower seeds
- Lettuce

Method

In a medium sized bowl, whisk together the mayonnaise (or yogurt), lemon juice, salt and pepper.

Stir in the apple, celery, grapes, and walnuts. Serve on a bed of fresh lettuce.