

Curried Waldorf Salad

- 1/4 cup nonfat plain yogurt
- 3 tablespoons low-fat mayonnaise
- 1/2 teaspoon curry powder
- 1/8 teaspoon salt
- Pinch of cayenne pepper, or to taste
- 1 orange
- 2 tart-sweet red apples, diced
- 1 cup chopped celery
- 1/3 cup golden raisins
- 1/3 cup coarsely chopped walnuts, toasted (see Tip)



Preparation

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.

Tips & Notes

- **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.

Nutrition

Per serving: 136 calories; 5 g fat (0 g sat , 0 g mono); 0 mg cholesterol; 24 g carbohydrates; 0 g added sugars; 2 g protein; 4 g fiber; 134 mg sodium; 222 mg potassium.

Nutrition Bonus: Vitamin C (26% daily value).