Waldorf Apple Salad

What you need:
Utensils:
Knife Cutting Board Large Mixing Bowl Measuring cups Measuring spoons Spoon
Ingredients you need:
2 medium apples
1 tablespoon orange juice
½ cup chopped celery
¼ cup low-fat vanilla yogurt
½ cup raisins
¼ cup pecans, chopped (optional)
What to do:
1. Wash your hands and clean your cooking area.
2. Wash, core, and dice the apples.
3. Place the apples in a large mixing bowl with the orange juice and mix well.
4. Add all other ingredients to the apples and toss gently.
5. Chill before serving.

Prep Time: 10 minutes
Cost per serving: $0.24

Nutrition Facts
Serving Size ½ cup
Servings Per Container 6
Amount Per Serving
Calories 80 Calories from Fat 0
% Daily Value *
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 15mg 1%
Total Carbohydrate 18g 6%
Dietary Fiber 2g 8%
Sugars 16g
Protein 1g
Vitamin A 2% * Vitamin C 6%
Calcium 2% * Iron 2%

Note: If there is leftover salad, cover and store in the refrigerator.

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