Curried Waldorf Salad

Yield: 6 servings, ⅛ cup each
Total Time: 25 minutes

Ingredients
1/3 cup coarsely chopped walnuts
¼ cup nonfat plain yogurt
3 tablespoons reduced fat mayonnaise
½ teaspoon curry powder
1/8 teaspoon salt
Pinch of cayenne pepper, or to taste
1 orange
2 tart-sweet apples (such as McIntosh or Cortland), diced
1 cup chopped celery
1/3 cup raisins

Preparation Instructions
1. 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.
2. Whisk yogurt, mayonnaise, curry powder, salt and cayenne in a medium bowl. Grate 2 teaspoons zest from the orange and add to the dressing.
3. 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.

Nutrition Analysis
Per Serving: 130 calories; 5g fat (0.5g saturated, 0g trans); 0mg cholesterol; 135mg sodium; 21g carbohydrate (3g dietary fiber; 10g sugar); 2g protein. Vitamin A 4%, Vitamin C 25%, Calcium 4%, Iron 4% Daily Value.

Cost: $1.09 per serving

Modified from: www.eatingwell.com