

Waldorf Apple Salad

DIRECTIONS

Harvest: Fresh apples, grapes, celery

6 servings

Ingredients:

- 3 medium apples (sweet, somewhat tart, super crisp apples work best. You can mix and match apples for extra flavor)
- 1 cup grapes (red grapes add a really pretty pop of color, but again, green would work just as well)
- 2 stalks celery (celery is mild and adds a great crunchy bite to the salad)
- 1 cup dried cranberries (raisins or other dried fruit can be used here, but cranberries add a nice tartness)
- ½ cup walnuts (feel free to substitute pecans or almonds, or leave the nuts out entirely)
- 1 cup greek yogurt (the base for the dressing)
- 1 tbsp honey (maple syrup or agave would make good substitutes)
- 1 tsp brown sugar (adds a caramel-y sweetness)
- ½ tsp cinnamon (the warm flavor of cinnamon really takes this salad up a notch)

Directions:

1. Chop – cut the apples, celery and grapes into bite sized pieces. You might want to toss your diced apples with lemon juice before adding to the salad to help prevent browning.
2. Toast – toasting your nuts before adding them to your salad really brings out a rich, nutty flavor.
3. Add – add the apples, grapes, celery, walnuts and dried cranberries to a large serving bowl.
4. Whisk – in a small bowl, whisk together the yogurt, honey, brown sugar and cinnamon.
5. Toss – drizzle the dressing over the salad and toss to coat.
6. Chill – chill until ready to serve. The flavors will improve as it has time to sit, but you can also serve this salad immediately.

Recipes created for The School Garden Network's Cooking from the Garden program.