



Niagara County Office for the Aging
111 Main Street, Suite 101
Lockport, NY 14094
Eat Well...Stay Well Dining Program
439-4030

*Recipe provided by Niagara County Office for the Aging,
Eat Well...Stay Well Dining Program*

Waldorf Salad

Serving size: ½ cup
(New and improved! No Mayonnaise!)

3 golden delicious apples, cut into small pieces, with skin on
½ cup golden raisins
½ cup chopped cashews (optional)
½ cup chopped carrots or sliced thin or grated
½ cup finely chopped celery (optional)
¼ cup coconut
1 cup lemon yogurt

Mix all ingredients together and refrigerate. For best results serve soon after preparation. Healthy and delicious!

Note: This should only be made with golden delicious apples as they do not turn brown like other apples do. Coconut and cashews are optional.

Depending on the size of the apples, you may need more than 1 cup of lemon yogurt.
Serves 6-8 people.