

Low-Fat Apple Waldorf Salad

1/3 cup low-fat mayonnaise

1/3 cup fat-free yogurt

2 medium salad apples, cored and cut into bite-sized chunks, OR one 15-ounce can pineapple chunks packed in juice, drained

2 celery stalks, sliced (7-8" stalks)

¾ cup coarsely chopped walnuts toasted

1/3 cup golden raisins

To prepare dressing, in a medium bowl mix mayonnaise and yogurt until blended. Add apples, pineapple, celery, walnuts and raisins. Stir ingredients until well mixed. Make 6 servings.

Approximate Nutritional Analysis (per serving):

Calories, 204; fat, 9 g; cholesterol, 4 mg; sodium, 117 mg; carbohydrates, 31 g; fiber, 4 g; protein, 3 g; percent calories from fat, 37%.

Source: US Apple Association