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Cranberry Waldorf Salad

This is a staple side dish on our Thanksgiving table and makes a nice salad side any time of the year. It is light, refreshing, and a crowd pleaser and a great way to get some of your daily fruit servings in!

Ingredients:

- 1 ½ cups cranberries (you can also use dried – 1/2 cup)
- 1 -2 cups apple, chopped
- 1 cup celery, chopped
- 1 cup green and/or red grapes, halved
- 1/3 cup raisins
- ¼ cup walnuts, chopped
- ¼ teaspoon cinnamon
- 1 carton (8oz.) vanilla yogurt, fat free (I also use Greek yogurt)

Preparation:

Mix all ingredients together and toss. Cover and chill for at least 2 hours.

Yield: 9 servings

Nutritional Information:

Calories: 69 Fat: 0.5 g Saturated Fat: 0 g
Protein: 1.6 g Carbs: 18.5 g Fiber: 2 g