

# Waldorf Salad

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*The Waldorf Salad is probably my all-time favorite salad. It has all my favorite ingredients in it. Apples, celery and walnuts are the traditional ingredients in a Waldorf Salad, but I always add in blue cheese or feta cheese, avocado and chunks of chicken or turkey when I have some available. Sometimes having the chicken or turkey on hand inspires me to make this salad!*

1	apple	¼ cup	blue cheese or feta
2	ribs celery, sliced in 1/4" pieces	2 Tablespoons	mayonnaise
3	cups lettuce leaves	1 Tablespoon	Vinaigrette
1	cup cooked chicken or turkey, cut into 1/2" chunks	¼ cup	walnut pieces
1	ripe avocado		

- 1 Prep apple - cut in half and hollow out core with a melon baller. Cut into a 1/2" dice. Clean and slice celery. Chop lettuce leaves, wash and spin dry.
- 2 Chop chicken or turkey into cubes if you are using. Cut an avocado in half, remove the seed and score the avocado meat into squares with a butter knife.
- 3 Mix the dressing ingredients - mayonnaise and vinaigrette in a small bowl or dressing shaker.
- 4 Combine lettuce, apple, celery and chicken or turkey into a bowl. Add in most of the blue cheese and the spoon out most of the avocado into the bowl. Toss it with the dressing. Plate the salad on one big plate or two small plates. Top with the remaining blue cheese, avocado chunks and finally the beautiful red walnuts.

Servings: 2

Preparation Time: 12 minutes

Total Time: 12 minutes

## Nutrition Facts

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Nutrition (per serving): 525 calories, 298 calories from fat, 35.1g total fat, 74mg cholesterol, 536.9mg sodium, 1075.1mg potassium, 28.4g carbohydrates, 10.4g fiber, 10.8g sugar, 30.5g protein.

## Source

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