



## **STRONG Heart Program Recipe-of-the-Month**

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### **Curried Waldorf Salad**

Recipe from *Eating Well* Feb/Mar 2005

Ingredients compliments of Lori's Natural Food Store

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#### **Ingredients:**

¼ cup nonfat plain yogurt  
3 tablespoons light mayonnaise  
½ teaspoon curry powder  
Pinch salt, optional  
Pinch of cayenne pepper, optional  
1 orange  
2 tart-sweet red apples, diced (about 2 cups)  
1 cup chopped celery  
1/3 cup raisins  
1/3 cup toasted walnut pieces, coarsely chopped

#### **Directions:**

1. Whisk yogurt, mayonnaise, curry powder, salt and cayenne in a medium bowl. Grate 2 teaspoons zest from the orange and add to the dressing.
2. Using a sharp knife cut off the peel and white pith from the orange. To make attractive segments, hold the orange over the bowl (to catch the juice) and slice between each segment and its surrounding membranes. Add apples, celery, raisins and walnuts; toss to combine.

**Servings:** 6      **Serving Size:** ¾ cup

**Nutrition Information:** 136 calories, 6g fat, 1g sat. fat, 2mg cholesterol, 116mg sodium, 21g carbohydrate, 4g fiber, 2g protein.