

## **Lemony Waldorf Salad** from *Urban Sacred Garden*



This Waldorf Salad is healthier than your standard version with Lemon and Greek Yogurt in place of the heavy mayonnaise of traditional versions (originally created in the Waldorf Hotel in New York City in the 1890s). A number of ingredients are still the same including greens, apples, red grapes and toasted walnuts. I've also added kicks of flavor with candied ginger and sharp cheddar cheese. My friend Andy, who is a wonderful self trained cook, made this salad for me a month ago and this is my take on the dish.

Yield: About 6 Cups or 4 Servings

### **INGREDIENTS**

1/2 Organic Lemon, Zest and Juice\*  
1 Honeycrisp Apple, Cored and Chopped  
4 Tbsp Nonfat Plain Greek Yogurt  
1/2 Cup Red Seedless Grapes  
3 Tbsp Candied Ginger, cut into small pieces  
4 Cups Baby Spinach (or Spring Mix)  
1/4 Cup Sharp White Cheddar, cut into small cubes  
1/2 Cup Walnuts, chopped and lightly toasted  
Freshly Ground Sea Salt  
Freshly Ground Black Pepper

\*I always recommend organic citrus when using the zest.

### **DIRECTIONS**

1. In a large bowl combine Lemon Juice and Zest with Apple, coating the apple thoroughly with the lemon. Add Greek Yogurt, Grapes and Candied Ginger and mix with a wooden spoon to combine. Layer Baby Spinach and Cheese on top, do not mix. Cover and allow ingredients to sit in the refrigerator for about 30 minutes to an hour.
2. About 20 minutes before serving preheat oven to 375 degrees. Place Walnut pieces on a baking sheet in a single layer. Toast in a preheated oven for about 10 minutes, just until toasted and you smell a nutty aroma.
3. Remove cold ingredients from the fridge, add warm toasted walnuts and toss all ingredients together. Add a little Salt and Pepper as needed for flavor and toss. Serve cool. Once the Yogurt is on the spinach this salad is not easily stored and will become wilted, so eat once combined. Enjoy!