



WALDORF SALAD

First presented at the Waldorf Astoria Hotel in 1893, this all-American Waldorf salad recipe includes chopped apples, celery, grapes, and toasted walnuts in a mayonnaise dressing.

- Prep time: **15 minutes**

Yield: **Serves 4**

According to the American Century Cookbook, the first Waldorf Salad was created in New York City in 1893, by Oscar Tschirky, the maître d'hôtel of the Waldorf Astoria.

The original recipe consisted only of diced red-skinned apples, celery, and mayonnaise. Chopped walnuts were added later to this now American classic.

Waldorf Salad particularly in the fall are great when apples and walnuts are in season. Especially popular around the holidays, Thanksgiving and holiday spread.

INGREDIENTS

6 Tbsp mayonnaise (or plain yogurt)
1 Tbsp lemon juice
1/2 teaspoon salt
Pinch of freshly ground black pepper
2 sweet apples, cored and chopped
1 cup red seedless grapes, sliced in half (or 1/4 cup of raisins)
1 cup celery, thinly sliced
1 cup chopped, slightly toasted walnuts
Lettuce

METHOD

In a medium sized bowl, whisk together the mayonnaise (or yogurt), lemon juice, salt and pepper. Stir in the apple, celery, grapes, and walnuts. Serve on a bed of fresh lettuce.

Some prefer their Waldorf salad made with yogurt, instead of mayo. Feel free to substitute yogurt for the mayo if you prefer. If using yogurt, omit the lemon juice. You may also want to add a little honey to balance the tartness of the yogurt.