



Schoharie County
173 South Grand St
Cobleskill, NY 12043
518.234.4303
518.296.8310
Fax: 518.234.4305
schoharie@cornell.edu

Otsego County
123 Lake St
Cooperstown, NY 13326
607.547.2536
Fax: 607.547.5180
otsego@cornell.edu

Oneonta Outreach
31 Maple St
Oneonta, NY 13820
607.433.2521
Fax: 607.436.9682

cceschoharie-otsego.org

Waldorf Salad

Ingredients:

- 1/3 cup raisins
- 2 Tablespoons sugar, divided
- 4 medium apples, cubed
- 1 stalk celery, chopped
- 1/2 cup low-fat plain yogurt
- 3 Tablespoons light mayonnaise
- 3 Tablespoons cider vinegar

Makes 6 servings - 19% calories from fat

Instructions:

1. In a large bowl combine raisins, 1 Tablespoon sugar, apples and celery. Mix well, set bowl aside.
2. In a medium bowl combine yogurt, mayonnaise, vinegar and remaining 1 Tablespoon sugar. Mix well, add to apple mixture and stir gently.
3. Serve immediately or cover and refrigerate until serving time.

Notes:

- Season with a dash of pepper if desired.
- Add 1/4 cup chopped walnuts if desired.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 140	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 85mg	4%
Total Carbohydrate 29g	10%
Dietary Fiber 4g	16%
Sugars 23g	
Protein 1g	
Vitamin A 2%	• Vitamin C 10%
Calcium 4%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Revised July 2021

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.