

Katherine's Modern Waldorf Salad:



Ingredients:

For the Salad:

- 2 cups of mixed salad greens (e.g., baby spinach, arugula, or lettuce)
- 2 apples, cored and diced (you can use a mix of varieties for different flavors and colors)
- 1 cup red seedless grapes, halved
- 1 cup celery, thinly sliced
- 1/2 cup walnuts, toasted and roughly chopped
- 1/2 cup crumbled blue cheese or goat cheese (optional)
- 1/4 cup red onion, thinly sliced (optional)

For the Dressing:

- 1/2 cup plain Greek yogurt
- 2 tablespoons mayonnaise
- 1 tablespoon honey
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon Dijon mustard
- Salt and freshly ground black pepper to taste

Instructions:

- In a large salad bowl, arrange the mixed greens as the base for your salad.
- Add the diced apples, halved grapes, sliced celery, and toasted walnuts to the bowl. If you're using red onion and cheese, add them as well.
- In a separate bowl, whisk together the Greek yogurt, mayonnaise, honey, lemon juice, Dijon mustard, salt, and pepper. Adjust the sweetness and tartness to your liking by adding more honey or lemon juice if necessary.
- Drizzle the dressing over the salad ingredients in the bowl.
- Gently toss the salad to ensure everything is evenly coated with the dressing.
- If you're using cheese, sprinkle it over the top of the salad.

- Serve the modern Waldorf salad immediately as a side dish or add grilled chicken or shrimp to make it a complete meal.
- This modern Waldorf salad is a delicious blend of sweet and savory flavors with a creamy dressing. Feel free to customize it by adding other ingredients like grilled chicken, avocado slices, or dried cranberries to suit your taste preferences. Enjoy!