

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

The New Waldorf Salad

From Kraft Food and Family Magazine – Holiday '10

Serves 8

8 cups torn mixed salad greens

2 stalks celery, thinly sliced

1 Gala apple, thinly sliced

½ cup chopped walnuts, toasted

½ cup Poppyseed Dressing (Look for an all natural brand like Marzetti in the produce section.)

Combine ingredients. Serve immediately.

Variation: Substitute baby spinach or arugula for the mixed salad greens and/or pecans or almonds for the walnuts.