



## Classic Waldorf Salad

This is a salad with a history. It was originally created in 1893 at the Waldorf Hotel (later to become the Waldorf-Astoria Hotel). The basics of this salad were apples, celery, and mayonnaise at the beginning. Later, English walnuts were added, and now there are many versions of Waldorf Salad. Betty, the chef, adds some lemon juice, sugar, salt, and whipped cream for a gorgeous, luscious salad or dessert.

For a lower calorie version, substitute plain or Greek yogurt for the whipping cream and/or consider using a low fat mayonnaise.

For another variation, you can add shredded coconut and dried cranberries to the mix and add some toasted coconut to the top before serving. Enjoy!

### Ingredients:

- 2 cups diced apples (she uses red delicious but other recipes call for granny smith)
- 1 cup 1-inch julienne celery sticks
- 1/2 cup broken English walnuts
- 1/4 cup mayonnaise
- 1/2 teaspoon lemon juice
- 1 tablespoon sugar
- dash of salt
- 1/2 cup whipping cream, whipped

### Preparation steps:

Combine, 2 cups diced apple, 1 cup chopped celery, and 1/2 cup broken English walnuts in a nice serving bowl.

In a medium-sized mixing bowl, blend 1/4 cup mayonnaise, 1/2 teaspoon lemon juice, 1 tablespoon sugar, and a dash of salt. Set aside.

Whip 1/2 cup whipping cream.

Fold into the mayonnaise mixture.

Fold dressing into Waldorf Salad.

This salad can be served as a salad or as a dessert. Just place a serving in a salad bowl or on a dessert dish.

### **Bonus Items**

If you want to watch the video again, click [here](#).