



Nicko's Waldorf Salad

Enjoy the crunchiness of walnuts and celery, the sweetness of the apple, and the tanginess of the mayonnaise in this great Waldorf salad creation by Nicko. Feel free to use low fat or non fat mayonnaise on this one to reduce the calories and fat content.

This is a recipe in his Fast Food Friday series.

Ingredients

2/3 cup walnut halves
1/3 cup olive oil
2 tbsp. white wine vinegar
1 tsp. Dijon mustard
1/3 cup whole egg mayonnaise
1 tbsp. fresh lemon juice
2 red apples, quartered, cored, cut into thin wedges
1 celery stick, ends trimmed, thinly sliced
8 romaine (baby cos) lettuce leaves
salt & pepper to season

Preparation steps

Make the vinaigrette dressing by combining the olive oil, white wine vinegar, and Dijon mustard. Season with pepper and salt. Set aside.

Create the second dressing by combining the mayonnaise with the lemon juice. Mix well and set aside.

Core the apples, leaving the skin on. Cut them on quarters; then cut again. Put them in a bowl.

Slice the celery. Add the celery and walnuts to the apples. Add the vinaigrette dressing and stir to coat.

Wash the cos lettuce. Cut off the ends and place the leaves in a bowl.

Spoon the apple mixture onto the lettuce leaves.

Drizzle the mayonnaise dressing over the salad and serve.

Bonus Items

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