



Waldorf salad with a difference

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This is a healthier option to the classic waldorf salad which has a high energy, creamy mayonnaise. This version is better for you, and still full of flavour.

Ingredients:

2 apples, chopped and left unpeeled	Salt and pepper to taste
1 lemon, juiced	¼ cup vinaigrette or balsamic vinegar
5 celery sticks, roughly chopped	½ cup parsley leaves (optional)
1 carrot, chopped	½ cup pumpkin and sunflower seeds (optional)
1 cup grapes	¾ cup walnuts, roughly chopped
100g feta cheese, cubed	

Directions:

Place the apples in a large mixing bowl and toss through the lemon juice. Then add the other ingredients.

Place in the fridge or serve immediately as a side or a light main dish. Garnish with pumpkin and sunflower seeds.

Cook's tip:

Don't forget to put the lemon juice on the apples or they will turn brown.