

The Healthy Cook

Want to wake up your taste buds? Add sweet-tart fruit to a savory salad. This one is inspired by the classic Waldorf.

Waldorf Salad Redux

 SERVES 4

- 2 Tbs. mayonnaise
- 2 Tbs. low-fat sour cream
- 1 Tbs. white balsamic or white wine vinegar
- ¼ tsp. kosher salt
- 2 Tbs. minced fresh chives (optional)
- 1 large apple, cored, cut into wedges, and sliced
- 2 cups sliced raw cauliflower
- 2 cups finely shredded kale leaves
- ¼ cup chopped toasted pecans
- ¼ cup pomegranate seeds



1. In a large bowl, whisk together the mayonnaise, sour cream, vinegar, salt, and chives (if using).
2. Toss with half the apple slices and all the cauliflower and kale. Sprinkle with the pecans, pomegranate seeds, and remaining apple slices.

PER SERVING (1½ cups): calories 160 | total fat 11 g | sat fat 1.5 g | carbs 15 g | fiber 4 g | total sugar 9 g | added sugar 0 g
protein 3 g | sodium 190 mg