

Waldorf Salad

RECIPE LIGHTLY ADAPTED JAMIE OLIVER



Ingredients

2 large bunches of grapes
1 lemon
Olive oil
1 c SWP Pecan Pieces
1 t Dijon mustard
1 c fat-free yoghurt
6 sprigs of fresh tarragon
2 sticks of celery
2 crisp apples
1 package/3 stalks Romain
lettuce

Directions

1. Preheat oven to 350 degrees. Place the grapes on a baking tray, finely grate over the zest from the lemon, drizzle with a little oil, and season with salt and pepper. Cook in the oven for 15 minutes, then add the pecans and roast for another 5-10 minutes, or until the grapes are soft and caramelized.
2. Meanwhile, make the dressing. Place the mustard and yoghurt into a bowl and whisk well. Pick leaves from the sprigs of tarragon, finely chop, and add the tarragon leaves. Squeeze in the lemon juice from the zested lemon and mix well. Season to taste with salt and pepper. (**Note: Tarragon is a strong herb. If you like it, use it. If not, leave it out and it will be fine.)
3. Trim and chop the celery as finely as you can, slice the apple into matchsticks, then place into a large bowl. Roughly chop the Romaine and add to the bowl. Pick the grapes off their stalks and add to the bowl. Drizzle over the yoghurt dressing, add in the pecans, and toss well.