

# Walnut and Apple Waldorf Salad with Yogurt

Adapted from: [Healthy School Recipes](#)

Description: This waldorf salad is loaded with apples, cranberries and walnuts all mixed together with a creamy yogurt. Makes for a delightful side or can be served as a sandwich!

Yield: 100 servings

Serving Size: 1 Cup

USDA Meal Components: 2 oz. meat/meat alternative (1 oz. equivalent each from walnuts and yogurt), 3/4 cup fruit

## Ingredients:

- 6.25 lbs. Walnuts
- 12.5 lbs. Apples, fresh, sliced
- 3.75 lbs. Cranberries, dried
- 25 lbs. Yogurt, plain

## Directions:

1. Clean and sanitize workstation.
2. Set up 6-quart food processor with S blade.
3. Set up large mixing bowl with a whisk or paddle. (If mixing by hand, pull a spatula and large bowl).
4. Pull California Walnuts and Fresh Apple Slices from cooler and place at workstation.
1. Wash hands thoroughly and put on gloves.
2. Add 2½ lbs. of walnuts to the food processor.
3. Pulse 10 times, to roughly chop walnuts. Do not over-process.
4. Empty walnuts into large mixing bowl.

5. Repeat for 3 additional batches of walnuts.
6. Using same processor, add 2 pounds of apple slices.
7. Pulse lightly 4-5 times or until the apples are roughly chopped. Do not overfill the processor to ensure apples are chopped and not pureed.
8. Add apples to the walnuts in the large mixing bowl.
9. Pull dried cranberries and plain yogurt from cooler and place at workstation.
10. Wash hands thoroughly and put on gloves.
11. Add dried cranberries to the walnuts and apples and fold all together.
12. Fold in the yogurt.
13. Blend gently to avoid bruising the apples.
14. Pull 8 ounce spoodle and 10 ounce dish & covers.
15. Wash hands thoroughly and put on gloves.
16. Using one 8-ounce spoodle, portion 1 cup into each container.
17. Cover and date stamp.
18. Place on sheet pan in single layer and refrigerate until service.
19. Serve: One Walnut and Apple Waldorf Salad with yogurt.

## Notes:

- Production Notes: California walnuts are best kept frozen, and can be used from a frozen state. Walnuts are the only nut significantly high in the omega-3 fatty acid alpha-linolenic acid (ALA) (2.5g/oz).
- Allergens: Milk, Tree Nuts
- CCP: Prepare foods at room temperature in two hours or less.
- CCP: Never handle ready to eat foods with bare hands.
- CCP: Pre-chill ingredients for foods served cold (sandwiches and salads) below 41° F before combining.
- CCP: Hold below 41° F
- \*Serve this fruit salad with whole grains and a walking salad for grab & go fun.
- \*This Waldorf salad can be served immediately or refrigerated for 24 hours.

## Nutrition Facts

100 Servings Per Recipe	Amount Per Serving
<b>Serving Size</b>	1 Cup
<b>Calories</b>	340
<b>Total Fat</b>	19 g
<b>Saturated Fat</b>	1.75 g
<b>Cholesterol</b>	5 mg
<b>Sodium</b>	55 mg
<b>Total Carbohydrate</b>	31 g
<b>Dietary Fiber</b>	4 g
<b>Total Sugars</b>	22 g
<b>Protein</b>	15 g

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