

# Waldorf Salad, anyone?



Whew. May? Where did you go? Where did WE go. Time flies when life is kicking you in the tushy. But...none of that. It's June and I'm starving for something light and amazing. How on Earth did we go from 40 degree weather to 90 degree weather? I'm working on my thankful face, but right now all I can do right now is wipe the sweat off my brow and hope for a light breeze.

Now I know that it's not as hot in Chicago as it might be wherever you are but I'm delicate. I can't take these drastic weather changes. I grew up in the swampy hot Delta but I'm made for 70 degree weather with no humidity, y'all. I can't take these 40 degree weather flops, no ma'am! Lucky for me things turned around yesterday and I went to the park with my bff and had a little picnic.

I've become addicted to Waldorf Salad. I mean ADDICTED. As soon as I learned how to make it, it became a family staple. I'm cranking out the Waldorf every chance I can get. It's easy, light and perfect for summer. And? If you're eating it with a bff all you need is a big bowl and a couple forks. We have no shame.

Though, I've got to tell you the best part about a picnic on the beach is pairing this Waldorf with some serious people

watching. You know I'd rather walk on my lips than talk about somebody but you've not lived until you people watch at the beach. Forget the salad. Grab a coke and go sit on a bench and wait a couple minutes. It's better than Celebrity Apprentice. I am serious! But if you're not daring enough to brave the beach alone, checkout this salad recipe. It's life changing.

## **WHAT?**

1/2 cup walnut halves

1 cup Greek Yogurt

2 tablespoons mayonnaise

1 heaping teaspoon honey

1 lemon

Freshly ground black pepper

2 large crisp apples...I use Granny Smith

1 small bag cranberries

1 small box of blue cheese (or gorgonzola or goat cheese...or none at all if you're not into cheese)

1 bag/box mixed greens (you can use whatever lettuce is your favorite) I like dark and or mixed greens

## **HOW?**

In a large bowl core your apples and then slice up in to bite size chunks. Maybe you're particular about how you like your apples in a salad? You're the boss...cut them the way you like to have them in a salad!

In a separate bowl? Throw in your yogurt, mayo, honey, black pepper (as much or as little black pepper as you like). Take the lemon, zest it. Whisk all of this together.

Cut your lemon in half. Squeeze the lemon juice over your apples. I only use half, but if you don't want waste your lemon juice...use the whole thing. Toss the apples in the juice to make sure that they're coated in the lemon juice. This will keep your apples from turning brown and lookin' yucky at your picnic! Throw the apples (and the excess lemon juice) in with your salad dressing and mix around. Now put your lettuce in the bowl. Use your hands and mix this all around. You really want your lettuce and apple mixture to be well coated! Toss in your walnuts and cranberries. I like a lot of cranberries and walnuts so I kinda go crazy with this part. Mix everything around until it's covered in the dressing. Quick. Easy. AMAZING.

If you wanted to add meat to the salad AND keep it Kosh? Add one of those small pre-cooked bags of chicken that they have at the grocery, don't add cheese, switch the Greek yogurt out for plain soy yogurt and you're good. Switch things around, just read your labels. You don't have to break your brain to eat Kosher, you just have to try a little harder. Mokay?

xo