

We're having a party!

Waldorf Salad



Waldorf Salad is one of the most exciting and unusual salads! Every family has its own version, and the variety of ingredients is stimulating to kids! Created at New York's Waldorf-Astoria Hotel in 1896, it was an instant success with customers at the famous restaurant.

This salad is sometimes made with grapes instead of apples, and with Craisins instead of raisins. It's healthy and full of fiber in the form of fruit, nuts and vegetables!

- 1 Cup Raisins _____
- 1 Cup Raisins _____
- 1 Cup Diced Apple _____
- 1 Cup Diced Apple _____
- 1 Cup Diced Apple _____
- 1/2 Cup Low-Fat Mayonnaise _____
- 1 Cup Cut-Up Celery _____
- 1/2 Cup Walnut Pieces _____
- 1/2 Cup Walnut Pieces _____
- 1 Head Lettuce _____
- 1 Head Lettuce _____
- 1 Cup Cut-Up Chicken, Cooked _____
- 1 Cup Cut-Up Chicken, Cooked _____
- 1 Cup Cut-Up Chicken, Cooked _____

Please sign up!

Date: _____

Sign your name on one of the lines above so you can plan to bring one ingredient for this healthy and appealing new dish!

Thank you!