

Garden Waldorf Salad

Makes: 4 servings

Ingredients

- 3 cups broccoli florets
- 1 cup carrot (grated)
- 1 1/2 cups cauliflower (sliced)
- 1 cup apple (chopped)
- 1/2 cup green onion (chopped)
- 1 cup yogurt, non-fat vanilla
- 1/4 cup peanuts

Directions

1. Toss all ingredients together in a large mixing bowl.
2. Refrigerate until ready to serve, up to 6 hours.
3. Serve chilled.

Notes

This recipe looks great served in a small footed bowl or an elegant dessert plate.

Source: Dorothy C. Lee, CFCS and Linda K. Bowman, RD/LD/NUiversity of Florida, IFAS Extension, Cooking Healthy with Diabetes

Nutrition Information

Nutrients	Amount
Calories	160
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	95 mg
Total Carbohydrate	24 g
Dietary Fiber	5 g
Total Sugars	16 g
Added Sugars included	N/A
Protein	8 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available