

Waldorf Salad

6 to 8 servings

4 large apples, peeled, cored and diced

2 tablespoons lemon juice

1/2 cup diced celery

1/2 to 1 cup seeded and halved Tokay grapes, or purple grapes, halved

1/2 cup chopped English walnuts

1/2 cup mayonnaise thinned with about 2 tablespoons whipping cream

■ Place apples in bowl and sprinkle with lemon juice. Add celery, grapes and nuts. Toss mixture with thinned mayonnaise. Cover and chill before serving.

■ **Nutritional data per serving:** Calories, 206; protein, 2.2 grams; carbohydrates, 13.1 grams; fat, 18 grams; cholesterol, 10.1 milligrams; sodium, 78.3 milligrams.