

01/31/11 - Waldorf Salad

This is not the Waldorf salad of your childhood with canned fruit cocktail and marshmallows, OMG, This is a fresh crunchy, kill the winter doldrums, salad from a recipe that appeared in I believe Bon Appetite magazine many years ago. It has been in my recipe file for a long time, so I am not sure exactly which magazine or what year, but it is tasty, healthy, and fun. It makes a great buffet dish for your Super Bowl Sunday; or a beautiful plated first course for a dinner party. The recipe is easily increased or decreased. I have updated the look of the salad with the addition of pomegranate arils for garnish. The salad leftovers will keep for one night for some lucky



8 to 10 servings

Dressing

1 cup mayonnaise

2 teaspoons grated lemon peel

2 teaspoons fresh lemon juice

Salad

5 large Granny Smith apples, cored, cut into ½ inch square pieces

1½ cups chopped celery

1½ cup chopped radishes

¾ cup dried cranberries

1/2 cup very finely minced red onion

3 cups watercress leaves, washed and dried

1½ cups pecans, toasted, chopped or whole halves

1/2 cup fresh pomegranite arils

2 heads of radicchio, leaves separated

Mix mayonnaise, lemon peel, and fresh lemon juice in medium bowl to blend.

Season the dressing to taste with salt and pepper. Refrigerate the dressing for at least 15 minutes or until you are ready to use it. Toss the apples, celery, radishes, cranberries and red onion in large bowl. Add lemon mayonnaise and toss to coat.

Fold the water





For a buffet, arrange the radicchio leaves on a platter with a little scoop of salad in each leaf. For individual plating of the salad, arrange 1 to 2 radicchio leaves on each plate to create a receptacle for the salad, then spoon the salad into the center of radicchio leaves. Sprinkle the pomegranate arils over the top and serve. Many times if the rad



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