

Lightened Waldorf Salad with Creamy Vinaigrette

Nutritional Highlights

- The Greek yogurt in this vinaigrette adds some protein and creaminess
- Barley is an ancient grain full of fiber and some protein

Servings: 6

Ingredients

- 3/4 c barley
- water
- 1 large Gala apple cut into 1/4 in dice
- 2 stalks sliced celery
- 1 c halved seedless grapes
- 1/4 c toasted walnut pieces
- radicchio leaves chiffonade for garnish

Creamy Vinaigrette

- 2 Tbsp apple cider vinegar
- 1 Tbsp honey
- 1/8 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 1/4 c olive oil
- 1/4 c Greek yogurt

Directions

- Cook barley according to package directions. Set aside to cool.
- Make the vinaigrette by whisking together the vinegar, honey, salt, pepper, oil, and Greek yogurt.
- Add the vinaigrette to a large bowl and toss with the barley, apple, celery, grapes, and walnuts.
- Serve and top with radicchio strands.
- Enjoy!