

Waldorf Fruit Salad

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh apples, cored, unpeeled, diced	1 lb 1 oz	1 qt ½ cup	2 lb 2 oz	2 qt 1 cup	1. Sprinkle apples with lemon juice to prevent discoloration.
Lemon juice		2 Tbsp		¼ cup	
Canned mixed fruit, chilled, drained	1 lb 10 oz	3 ½ cups (1 ½ No. 2-½ cans)	3 lb 4 oz	1 qt 3 cups (3 No. 2-½ cans)	2. Combine apples, mixed fruit, celery (optional), raisins (optional), salad dressing or mayonnaise, and nutmeg (optional). Mix lightly to combine. Spread 3 lb 7 oz (approximately 2 qt) into each pan (9" x 13" x 2"). For 24 servings, use 1 pan. For 48 servings, use 2 pans. 3. CCP: Refrigerate within 1 hour. Hold at 40° F or colder. Cover. Refrigerate until ready to serve. 4. Add walnuts before service. Toss lightly. For best results, use same day. 5. Portion with No. 12 scoop (⅓ cup).
*Fresh celery, chopped (optional)	3 ¾ oz	1 cup	7 ½ oz	2 cups	
Raisins (optional)	5 oz	1 cup	10 oz	2 cups	
Reduced calorie salad dressing	3 oz	¼ cup 2 Tbsp	6 oz	¾ cup	
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Lowfat mayonnaise	3 oz	¼ cup 2 Tbsp	6 oz	¾ cup	
Ground nutmeg (optional)		¼ tsp		½ tsp	
Chopped walnuts	4 ¼ oz	1 cup	8 ½ oz	2 cups	

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	24 Servings	48 Servings
Apples	1 lb 1 oz	2 lb 2 oz
Celery	5 oz	10 oz

Waldorf Fruit Salad

Fruit

Salads and Salad Dressings

E-14

SERVING:	YIELD:	VOLUME:
1/3 cup (No. 12 scoop) provides 1/4 cup of fruit.	24 Servings: 3 lb 7 oz	24 Servings: 2 quarts
	48 Servings: 6 lb 14 oz	48 Servings: 1 gallon
	Tested 2004	

Special Tip:

Red apples make a very attractive salad.

Nutrients Per Serving					
Calories	73	Saturated Fat	0.43 g	Iron	0.30 mg
Protein	0.98 g	Cholesterol	1 mg	Calcium	9 mg
Carbohydrate	9.48 g	Vitamin A	114 IU	Sodium	34 mg
Total Fat	4.06 g	Vitamin C	2.2 mg	Dietary Fiber	1.4 g