

Waldorf Salad

By: The Jaroudi Family

Serves 6-8

Ingredients:

Dressing:

16 oz silken tofu (or 16 oz plant-based yogurt) (454 g)
1 Tbsp stone ground mustard
2 tsp lemon juice
1 tsp white miso paste

Salad:

1 Romaine lettuce hearts, chopped (124 g)
4 cups spring mix, chopped (120 g)
1 cup grapes, diced (209 g)
2 large apples, diced (230 g)
4 celery stalks, diced (115 g)
1 small onion, diced (143 g)
1/4 cup raw walnuts (optional) (28 g)

Fresh black pepper

Directions:

- 1.) Add all the dressing ingredients and pulse until smooth in a high-speed blender.
- 2.) In a large mixing bowl, toss all the salad ingredients together along with the blended dressing.
- 3.) Sprinkle fresh black pepper over the top and serve cold.