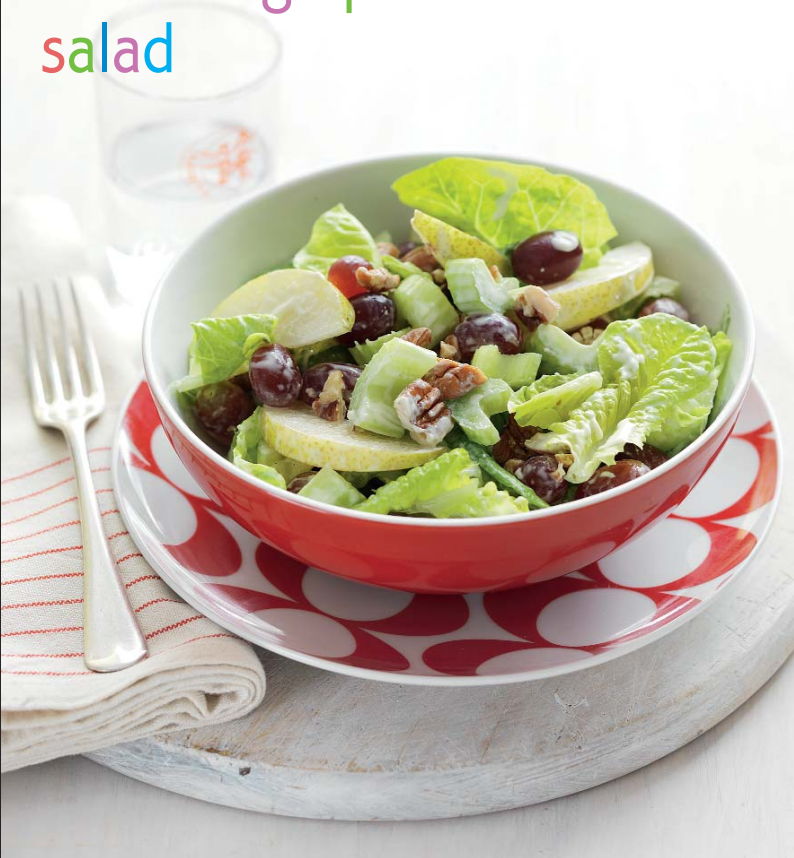


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# Nashi & grape Waldorf salad



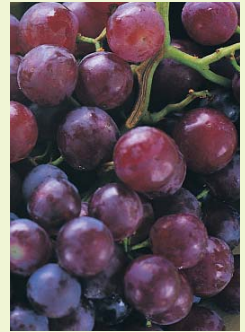
## Nashi & grape Waldorf salad

**Preparation:** about 15 minutes  
**Serves:** 2 for lunch or 4 as a side dish

- 1 baby Cos lettuce, leaves separated and roughly chopped
- 150g seedless grapes, removed from stems
- 2 celery sticks, thinly sliced
- 1 nashi pear, quartered, cored and sliced into thin wedges
- 1/3 cup pecan nuts, chopped
- 1/2 cup Greek-style natural yoghurt
- 1/2 cup reduced fat salad cream or mayonnaise
- 1 tbs hot water

1. Combine lettuce, grapes, celery, nashi and pecan nuts in a large bowl. Gently toss to combine.
2. To make the dressing, combine yoghurt and salad cream or mayonnaise in a bowl. Add hot water and stir to combine (add a little extra hot water if too thick). Drizzle dressing over nashi salad. Toss to combine and serve.

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### Seedless purple grapes

- A good source of dietary fibre which helps keep the intestine healthy.
- The carbohydrate in grapes is digested slowly, which means that grapes have a low GI and provide energy over a longer time period.
- A source of vitamin C, which is one of the vitamins that the body needs for defence against infection.
- Supply some carotenoids, including one called cryptoxanthin that acts as an antioxidant in the body.

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