

# Salad Days

## A Contemporary Take On A Classic Salad



**Updating a classic:** In this recipe, broccoli is used to update a Waldorf salad by adding more color, texture and nutrition.

(NAPSA)—Updating a classic dish isn't always easy. You have to stay true to the qualities that made it a classic in the first place and still find a way to make it tastier or more nutritious. Just such an approach has been used to update the classic Waldorf salad.

It's believed by many that the salad was created at the Waldorf-Astoria Hotel in 1896 by the maître d'hôtel, Oscar Tschirky. By all accounts, it was an instant success.

The original version contained apples, celery and mayonnaise. Chopped walnuts later became an integral part of the dish. The salad is usually served on top of a bed of lettuce.

Over the years, cooks have sometimes added other ingredients, such as chicken, turkey, grapes and dried fruit like dates or raisins. Updated versions of the salad sometimes change the dressing to a seasoned mayonnaise or poppyseed dressing, such as the dressings from Litehouse foods.

The company makes refrigerated dressings in small batches without preservatives, MSG or trans fat. Added to this beautiful, tasty Broccoli Waldorf Salad, the dressing enhances the crisp textures and flavors of the fresh ingredients.

### **Broccoli Waldorf Salad**

*(Serves 4)*

- 6 cups broccoli florets**
- 1 large red apple, chopped**
- ½ cup raisins**
- ¼ cup chopped pecans**
- ¾-1 cup Litehouse Poppyseed or Coleslaw Dressing**

**Bring 8 cups of water to a boil, add broccoli for 2 minutes. Strain, rinse with cold water. In a large serving bowl, combine the first four ingredients. Drizzle with Litehouse Coleslaw Dressing (or Poppyseed) and toss to coat.**

For more tasty recipes, visit [www.30salads30days.com](http://www.30salads30days.com).