

NUTRITION: Lazza's Kitchen Adventure

Kelross Salad

A NEW Recipe from Lazza's Kitchen.
Lazza made his version of a Waldorf Salad - calling it his "Kelross Salad"

Waldorf salad is named for the Waldorf-Astoria hotel in New York City, where it was first created for a charity ball given in honour of the St. Mary's Hospital for Children on March 14, 1896. The Waldorf-Astoria's maître d'hôtel, Oscar Tschirky, developed or inspired many of the hotel's signature dishes and is widely credited with creating the salad recipe.

Ingredients

2 tbslp mayonnaise: 4 tbslp Greek Yoghurt
1 tbslp lemon juice: Salt / Black Pepper
2 sweet apples, cored and chopped
1 cup seedless red grapes, halved
2 Peppers (red, yellow) chopped and diced
1 cup chopped, slightly toasted walnuts
Bag Cherry Tomatoes, halved
Olives
Lettuce

The great thing about salads is you can change the recipes to follow your own tastes. This salad (named after my road) has a Waldorf Salad base (celery, apple, walnut, grapes) but I do not like celery. So I changed that out to then include tomatoes, peppers and olives.

I used four large spoons of Greek yoghurt mixed with two large spoons of mayonnaise, with a spoon of lemon juice and salt/pepper to taste.

Into that I stirred in the chopped apples, chopped grapes, chopped tomatoes, chopped peppers, and olives.

I then added my walnut halves (I did not toast, but you can).

A good solid mix before ladling some of the mixture onto a bed of whatever lettuce you prefer.

This was extremely tasty, but do add an ingredient or two that you like too. I am definitely doing this again!!!!



During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
Why not try out some new recipes and foods yourself?
More on HMHB recipe pages: www.hmhb2016.org.uk
This was a great, and very tasty, meal to prepare.