

# BROCCOLI SALAD



By Marie Feldman, RD

The crunch of fresh broccoli and nuts mixed with sweet chewy raisins in a creamy, tangy dressing make this simple salad a winner.

## INGREDIENTS

2½ cups chopped raw broccoli  
¼ cup non-fat Greek yogurt  
¼ cup light mayonnaise  
1 tablespoon rice vinegar  
1 to 2 teaspoons sugar  
2 tablespoons raisins, currants or cranberries  
2 tablespoons chopped nuts (cashews, pecans, almonds)

## DIRECTIONS

1. Wash and chop the broccoli and set aside.
2. In a medium bowl, combine the yogurt, mayonnaise, vinegar, sugar, raisins and nuts.
3. Throw in the broccoli, and mix well until evenly covered with the dressing.
4. Chill and serve.

## NUTRITIONAL INFORMATION | Serving size: ½ cup | Serves 5

Calories: 90; Total Fat: 6g; Saturated Fat: 1g; Sodium: 170mg; Total Carbohydrate: 8g;  
Dietary Fiber: 2g; Sugars: 5g; Protein: 2g; Vitamin A: 1088IU, Vitamin C: 33mg;  
Calcium: 29mg.