

BROCCOLI SALAD



Makes 8, 1 cup servings

INGREDIENTS

Broccoli Salad

- 4 cups broccoli florets
- 2 cups shredded red cabbage
- 2 cups shredded carrots
- 1/2 cup raisins

Coleslaw Dressing

- 6 ounces nonfat plain Greek yogurt
- 2 tablespoons Apple Cider Vinegar
- 1/2 tablespoon lemon juice
- 2 teaspoons sugar
- 1/4 teaspoon celery seed
- 1/2 teaspoon pepper

DIRECTIONS

Mix up all dressing ingredients into a small bowl. Combine all ingredients for the rest of the broccoli salad in a large bowl. Stir in dressing into broccoli salad.

TIPS

- For best results, try letting the finished broccoli salad chill in the refrigerator before serving!

NUTRITION

82 calories
0 g fat
55 mg sodium
17 g carbohydrate
4 g protein
11 g sugar