



# Broccoli Salad

Servings 6 | Prep time 15 mins. | Total time 45 mins.

**Equipment:** Cutting board, Large Bowl

**Utensils:** Knife, Measuring spoons and cups, Mixing spoon

## Ingredients

- 3 cups raw broccoli, chopped into small pieces
- 1 medium carrot, peeled and diced
- 2 stalks celery, thinly sliced
- 1/2 cup raisins (optional)
- 1/4 cup onion, chopped
- 1 cup cooked ham, chicken or turkey (optional)
- 1/4 cup light mayonnaise
- 1/2 cup plain, non-fat yogurt
- 1 teaspoon vinegar (any type)

## Instructions

1. Before you begin, wash your hands, surfaces, utensils and vegetables.
2. In a large bowl, mix together broccoli, carrot, celery, raisins, onion and meat.
3. In a small bowl, mix together mayonnaise, yogurt, and vinegar.
4. Add mayonnaise mixture to the vegetable mixture and stir well to combine.
5. Refrigerate for at least 30 minutes before serving.

## Nutritional Information:

Calories 90   Total Fat 3.5g   Sodium 280mg   Total Carbs 8g   Protein 8g