



# 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, sugar 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