



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