



# 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)

## Nutritional Information:

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

## Instructions

1. Before you begin, wash your hands, surfaces, and tops of cans.
2. Preheat oven to 400 degrees.
3. Combine spinach, tomatoes, cream cheese and shredded cheese in a large mixing bowl. Mix until smooth.
4. Spray a square baking dish or round pie plate with cooking spray and pour in spinach mixture.
5. Bake for 20-25 minutes until bubbly.
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.