



Broccoli Salad

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

Equipment:

Cutting board

Large bowl

Utensils:

Knife

Mixing spoon

Measuring cups and spoons

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 meat (ham, chicken or turkey), cubed

1/4 cup light mayonnaise

1/2 cup plain low-fat yogurt

1 teaspoon vinegar (white, red wine, or apple cider)

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

Nutritional Information:

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