



# Broccoli Salad

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

## Equipment:

Cutting board  
Large bowl

## Utensils:

Knife  
Mixing spoon  
Measuring spoons and cups

## 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 serving.

## Nutritional Information:

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