



Broccoli and Cauliflower Salad

8 servings

Any vegetable or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.



- 3 cups broccoli, gently rubbed under cold, running water, chopped
- 3 cups cauliflower, gently rubbed under cold, running water, chopped
- 1/2 cup dried cranberries or raisins
- 1/2 cup purple grapes, gently rubbed under cold running water, chopped
- 1⁄4 cup red onion, scrubbed with clean vegetable brush under running water, chopped
- 2 Tablespoons vinegar or lemon juice
- 3⁄4 cup plain, nonfat Greek yogurt or low-fat mayonnaise
- 2 teaspoons sugar
- 2 Tablespoons sunflower seeds
- 3 slices bacon, cooked and crumbled (optional)
- 1. Wash hands with soap and water.
- 2. In a large bowl, combine broccoli, cauliflower, dried cranberries, grapes, and red onion.
- 3. In separate small bowl, stir together vinegar, Greek yogurt, and sugar.
- 4. Pour yogurt mixture over broccoli mixture and stir gently.
- 5. Add sunflower seeds and crumbled bacon, if desired. Stir gently.
- 6. Store leftovers in a sealed container up to four days in the refrigerator.

*Based on preference, you can use all raisins or dried cranberries, or a combination of both.

Nutrition Information per Serving: (1/8 of recipe) Calories 97, Total Fat 3g, Saturated Fat 1g, Protein 6g, Total Carbohydrate 14g, Dietary Fiber 2g, Sodium 69mg.

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