



RECIPE:

Broccoli and Cauliflower Salad

Number of Servings: 8

Ingredients:

- 3 c. broccoli, chopped
- 3 c. cauliflower, chopped
- 1/2 c. dried cranberries or raisins
- 1/2 c. red grapes, chopped
- 1/4 c. red onion, chopped
- 2 Tbsp. vinegar or lemon juice
- 3/4 c. plain nonfat Greek yogurt*
- 2 tsp. sugar
- 2 Tbsp. sunflower seeds
- 3 slices cooked bacon, crumbled (optional)

Directions:

1. Wash hands with soap and water.
2. Rinse and then chop produce. Gently rub broccoli, cauliflower, and grapes under cold, running water. Scrub the red onion with a clean vegetable brush under running water.
3. In a large bowl, combine broccoli, cauliflower, dried cranberries, grapes, and red onion.
4. In a separate small bowl, stir together vinegar, Greek yogurt, and sugar.
5. Pour yogurt mixture over broccoli mixture and stir gently.
6. Add sunflower seeds and crumbled bacon, if desired. Stir gently.
7. Store leftovers in a sealed container in the refrigerator.

*Low-fat mayonnaise could be substituted for nonfat Greek yogurt.

Nutrition Info:

Nutrition Facts	
8 servings per container	
Serving size	about 1 cup
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 70mg	3%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 1g Added Sugars	2%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1mg	6%
Potassium 293mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Recipe Credit: Nebraska Extension Nutrition Education Program