

Broccoli Salad

This recipe makes a delicious vegetable side dish to any meal. The sweetness added by the dressing and raisins may help convert anti-broccoli eaters in your family, as well!

Ingredients

- 1 bunch of raw broccoli
- ½ cup sesame seeds
- ½ cup raisins
- ½ cup chopped red onions
- ½ cup feta cheese

Dressing:

- ½ cup plain non-fat Greek yogurt
- ¼ cup light mayonnaise
- 2 tbsp white sugar
- 1 tbsp lemon juice (fresh is ideal)



Preparation

1. Chop the raw broccoli into bite-sized pieces.
Tip: Save the stalks to make homemade vegetable broth!
2. Place dressing ingredients into a small bowl and whisk until smooth.
3. Place remainder of ingredients into large bowl and pour dressing over top. Toss to coat completely.
4. Cover bowl and place in fridge for at least 12 hours. Serves 6.

Nutrition (per serving)

224 calories, 12g fat (3g sat.fat), 14mg cholesterol, 242mg sodium, 24g carbohydrates, 5g fibre, 9g protein

Nutrition Bonus: Vitamin A (32%), Vitamin C (161%), Iron (17%), Manganese (30%)

Health Benefits of Broccoli

- High in potassium, which helps maintain a healthy nervous system and optimal brain function.
- Contains magnesium and calcium that help regulate blood pressure.
- Has been shown to hinder the growth of breast, cervical and prostate cancer and also boosts liver function.
- High in fibre, which aids in digestion and helps curb overeating.
- A cup of broccoli contains as much protein as a cup of rice or corn with half the calories.

Source: www.healthdiaries.com