

BROCCOLI SALAD

INGREDIENTS

4 servings	8 servings	12 servings	
1.5 c	3 c	4.5 c	broccoli florets, chopped
.25 c	.5 c	.75 c	golden raisins
.25 c	.5 c	.75 c	red onion, chopped
.25 c	.5 c	.75 c	sunflower seeds
.25 c	.5 c	.75 c	Greek yogurt
2 T	.25 c	6 T	mayonnaise
.75 T	1.5 T	2.25 T	white distilled vinegar
2 T	.25 c	6 T	sugar

INSTRUCTIONS

1. Mix broccoli through sunflower seeds in a bowl. In a separate bowl, whisk together the remaining ingredients. Pour the yogurt dressing over the broccoli mixture and stir together.



Nutrition per Serving

Kcal: 177

Protein: 4 grams

Carbohydrate: 20 grams

Fat: 9 grams