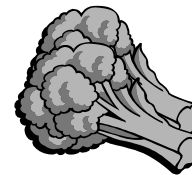




Broccoli Salad

Makes 5 servings



Washington Farmers
Market Nutrition Program

Ingredients:

- 3/4 pounds broccoli
- 1/3 cup light mayonnaise
- 1 tablespoon sugar
- 2 teaspoons vinegar
- 2 teaspoons low-fat milk
- 2 tablespoons raisins
- 1/4 cup walnuts, chopped
- 1/4 cup red onion, thinly sliced

Directions:

1. Wash broccoli. Cut heads into florets, peel and dice stems. Chop as fine as desired.
2. Combine light mayonnaise, sugar, vinegar, and milk. Mix well. Add to chopped broccoli.
3. Add raisins, walnuts, and onions to broccoli mixture. Stir to coat all pieces with dressing.
4. Chill before serving.



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Nutrition Facts	
Serving size: 1/2 Cup (108g)	
Servings Per Recipe 5	
Amount Per Serving	
Calories 137	Cal. from Fat 85
% Daily Value*	
Total Fat 9g	15%
Saturated Fat 1g	6%
Cholesterol 6mg	2%
Sodium 147mg	6%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 3g	
Vitamin A 6%	Vitamin C 105%
Calcium 4%	Iron 4%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Broccoli Salad

OPTIONS

- Lightly steam or blanch broccoli before adding to salad.
- Add diced ham to increase protein content.
- Omit nuts to decrease fat.
- Substitute unsalted sunflower seeds or chopped almonds for walnuts.
- Omit raisins and sugar for less sweetness.
- Substitute halved grapes for raisins.

This material funded by USDA's Food Stamp Program; the Farmers Market Nutrition Program; and Washington State University. Washington State University is an equal opportunity provider and employer.

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