

Broccoli Salad

A broccoli salad is a great alternative to a traditional lettuce-based salad! This wonderful green vegetable is packed with nutrients, like Vitamin C, Vitamin K, iron, potassium and fiber. In addition, broccoli has more protein than the average vegetable. Because broccoli can be enjoyed both raw and cooked, why not give it a chance in a wonderful salad? This simple but delicious healthy broccoli salad that may just change the way you think about this nutrient-packed vegetable!

Ingredients

- 1 pound broccoli chopped
- 1/2 cup raisins can substitute dried cranberries if preferred
- 1 small bell pepper diced
- 1/2 cup pumpkin seeds can substitute sunflower seeds if preferred
- 1/2 cup of your favorite nuts chopped
- 1 tablespoon apple cider vinegar
- 1 cup plain yogurt
- 1/2 tablespoon onion powder or flakes
- 1/2 teaspoon salt
- red pepper flakes season to taste
- ground black pepper season to taste

Servings:

Instructions

1. In a large bowl, mix chopped broccoli, raisins, diced bell pepper, yogurt, onion powder/flakes, vinegar, salt, ground pepper, and red pepper flakes.
2. Next preheat a large skillet, and add seeds and nuts. Sauté until lightly browned while stirring frequently.
3. Finally, add the warm ingredients to the salad bowl and stir.

Recipe Notes

Enjoy!!