

Broccoli and Cauliflower Salad

8 servings

Any vegetable or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.



3 cups broccoli, gently rubbed under cold, running water, chopped
 3 cups cauliflower, gently rubbed under cold, running water, chopped
 ½ cup dried cranberries or raisins
 ½ cup purple grapes, gently rubbed under cold running water, chopped

¼ cup red onion, scrubbed with clean vegetable brush under running water, chopped
 2 Tablespoons vinegar or lemon juice
 ¾ cup plain, nonfat Greek yogurt or low-fat mayonnaise
 2 teaspoons sugar
 2 Tablespoons sunflower seeds
 3 slices bacon, cooked and crumbled (optional)

1. Wash hands with soap and water.
2. In a large bowl, combine broccoli, cauliflower, dried cranberries, grapes, and red onion.
3. In separate small bowl, stir together vinegar, Greek yogurt, and sugar.
4. Pour yogurt mixture over broccoli mixture and stir gently.
5. Add sunflower seeds and crumbled bacon, if desired. Stir gently.
6. Store leftovers in a sealed container up to four days in the refrigerator.

*Based on preference, you can use all raisins or dried cranberries, or a combination of both.

Nutrition Information per Serving: (1/8 of recipe) Calories 97, Total Fat 3g, Saturated Fat 1g, Protein 6g, Total Carbohydrate 14g, Dietary Fiber 2g, Sodium 69mg.