



Broccoli and Cauliflower Salad 8 Servings



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Broccoli and Cauliflower Salad 8 Servings

Ingredients:

- 3 c. broccoli, chopped
- 3 c. cauliflower, chopped
- 1/2 c. dried cranberries or raisins
- 1/2 c. red grapes, chopped
- 1/4 c. red onion, chopped
- 2 Tbsp. vinegar or lemon juice
- 3/4 c. plain nonfat Greek yogurt*
- 2 tsp. sugar
- 2 Tbsp. sunflower seeds
- 3 slices cooked bacon, crumbled (optional)

Directions:

1. Wash hands with soap and water.
2. Rinse and then chop produce. Gently rub broccoli, cauliflower, and grapes under cold, running water. Scrub the red onion with a clean vegetable brush under running water.
3. In a large bowl, combine broccoli, cauliflower, dried cranberries, grapes, and red onion.
4. In a separate small bowl, stir together vinegar, Greek yogurt, and sugar.
5. Pour yogurt mixture over broccoli mixture and stir gently.
6. Add sunflower seeds and crumbled bacon, if desired. Stir gently.
7. Store leftovers in a sealed container in the refrigerator.

*Low-fat mayonnaise could be substituted for nonfat Greek yogurt.

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