

Broccoli Salad



Discover our delicious broccoli salad recipe, fresh and crunchy. This recipe can be an excellent salad for your holiday dinner, accompanied by surprise turkey meatballs and bocconcini.

Preparation 25 min

Cooking 0 min

Servings 6-8

Nutrition Facts (per serving)

Calories 110

Fat 7

Carbohydrates 6

Fibre 2

Protein 5

Sodium 110

Ingredients

Dressing

- 30 ml (2 tbsp) mayonnaise
- 30 ml (2 tbsp) plain yogurt 0% M.F.
- 30 ml (2 tbsp) cider vinegar
- 15 ml (1 tbsp) whole-grain mustard

Salad

- 1 L (4 cups) broccoli, cut into small florets (about 1 broccoli)
- 125 ml (½ cup) red grapes, cut in half lengthwise
- 80 ml (⅓ cup) cheddar cheese, grated
- 80 ml (⅓ cup) pumpkin seeds, unsalted
- 2 green onions, chopped
- 1 pinch of salt
- Pepper, to taste

Preparation

1. In a large bowl, whisk together mayonnaise, yogurt, vinegar and mustard. Season with salt and pepper.
2. Add remaining ingredients and mix well.

Notes

Can be kept 3-5 days in the refrigerator.



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