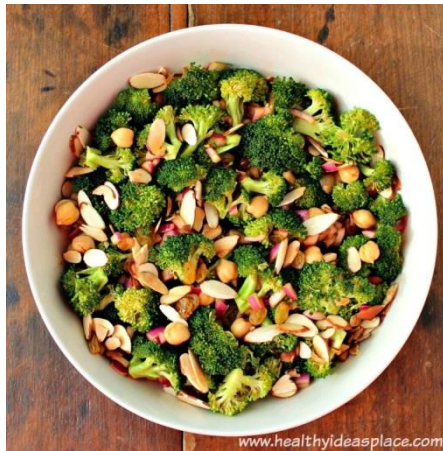


Broccoli Salad

Code
\$, Q, V, GF

Ingredients Needed:

- 1/4 cup balsamic vinegar
- 2 Tbs. Dijon mustard
- 1 Tbs. of honey
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 4 Tbs. olive oil
- 2 heads broccoli
- 1 small red onion, cut into thin wedges
- 1/2 cup whole almonds, toasted and coarsely chopped
- 1/2 cup dried cranberries



<u>Nutrition Facts:</u>	
Yield	6 servings
Calories	159
Total Fat	8 g
Sat Fat	< 1g
Sodium	287 mg
Added Sugar	2.5 g
Fiber	5 g
Vitamin C	106% DV
Vitamin E	27% DV
Vitamin K	100% DV
*Nutrition facts are for 1 serving	

Recipe Directions:

- In a large bowl, whisk together vinegar, mustard, honey, salt, and pepper.
- Whisk in the olive oil until blended. Set aside.
- Remove the florets from the broccoli, chop, and add the pieces to the vinaigrette.
- Trim the ends of the stalks, with vegetable peeler, peel off the thick outer layer.
- Shred the stalks with a food processor or by hand.
- Add the shredded stalks, onions, almonds, and cranberries to the bowl and toss to coat well.

