



Broccoli Salad

Ingredients:

3 Cups Broccoli Florets

½ Cup Raisins

½ Cup Feta Cheese, crumbled

1/3 Cup Light Mayonnaise

Salt/Pepper to taste

½ Cup Red Onion

1/3 Cup Sunflower Seeds

½ Cup Plain Low-fat Yoghurt

1 Tbsp Lemon Juice



Instructions:

1. In a salad bowl, combine broccoli, onion, raisins, sunflower seeds and feta cheese.
2. In a separate bowl, mix yoghurt, mayonnaise, and lemon juice.
3. Pour dressing over broccoli mixture and toss.
4. Add salt and pepper to taste.
5. Cover and refrigerate until ready to serve. Use within 3 days.
6. Serves 8.

***In motion* Nutrition Tip:**

Canada's Food Guide recommends at least one green vegetable each day. Broccoli fits the bill & is a great source of folate!

