



Broccoli & Apple Salad

Tastes even better the next day!

8 servings

2 Tbsp. sugar
6 Tbsp. apple cider vinegar
2 Tbsp. Dijon mustard (any spicy mustard)
1 Tbsp. canola oil
½ tsp. freshly ground pepper
¼ tsp. salt

1 ¼ lb. broccoli, coarsely chopped
1 ¼ C. apple, chopped (about ½ pound)
¼ C. Walla Walla or other sweet onion

- Combine first 6 ingredients in a large bowl, stirring well with a whisk.
- Place chopped broccoli into bowl with vinegar mixture. Add chopped apple and minced onion, tossing to coat.

Recipe adapted from Cooking Light Magazine

Nutritional information:

Calories: 72	Fat: 2g
Saturated fat: 0g	Cholesterol: 0mg
Protein: 3g	Carbohydrate: 11g
Fiber: 3g	