



PHOTO CREDIT: Sarah Hess

Broccoli Raisin Salad

Source: Modified from a recipe at Food Hero
Serving size: 9 servings **Servings per recipe:** 2/3 cup

Sweet & savory; quick & easy!

Ingredients

- 6 chopped broccoli
- 1/2 cup raisins
- 1/4 cup finely chopped red onion (1/2 small red onion)
- 1/4 cup unsalted sunflower seeds
- 1/4 cup bacon bits (optional)
- 1/4 cup light mayonnaise
- 1/4 fat-free yogurt
- 2 Tbsp sugar
- 1 Tbsp red wine vinegar

Materials

Cutting board and sharp knife, one large and one small bowl, measuring cups and spoons

Directions

1. Combine chopped broccoli, raisins, chopped onion, sunflower seeds and optional bacon bits in a large bowl.
2. Combine mayonnaise, yogurt, sugar and vinegar in a small bowl.
3. Stir mayonnaise mixture into salad.
4. Refrigerate leftovers within 2 hours.

Nutrition Facts	
servings per recipe	9
Serving size	2/3 cup(93g)
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	7%
Total Sugars 11g	
Includes 3g Added Sugars	6%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 47mg	4%
Iron 1mg	6%
Potassium 261mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Finger Lakes ESNY is funded by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider.

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