

BROCCOLI & MANDARIN SALAD

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1 cup

Nutrition (per serving)

Calories: 118	Total Carbohydrate: 24
Total Fat: 2 g	Dietary Fiber: 3 g
Saturated Fat: 0.5 g	Protein: 3 g
Sodium: 139 mg	

Ingredients

- 5 cups broccoli florets
- 1 (15 oz.) can mandarin oranges, drained
- 1 cup chopped celery
- ½ cup chopped red onion
- ½ cup dried cranberries
- 1 ½ cups seedless grapes
- ½ cup sunflower seeds
- 1/3 cup fat free salad dressing (such as Miracle Whip)

¼ cup fat free vanilla yogurt

1 Tbsp. white or rice vinegar

Directions

1. Combine the first 7 ingredients in a large bowl.
2. In a small bowl, combine salad dressing, yogurt, and vinegar, stirring with a whisk.
3. Pour dressing over broccoli mixture and toss well.
4. Chill for 1 hour prior to serving.