

BROCCOLI & MANDARIN SALAD

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

Serves: 1 cup

Nutrition (per serving)

Calories: 118

Total Carbohydrate: 24 g

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)



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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.