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Broccoli Salad

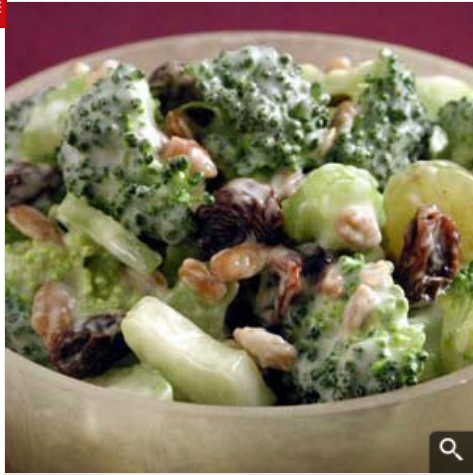


Photo: Karry Hosford

Try this light broccoli salad with creamy dressing, grapes, celery, and raisins.

★★★★★ Outstanding

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Yield: 8 servings (serving size: about 1 cup)

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Nutritional Information

Amount per serving

Calories: 175
Calories from fat: 29%
Fat: 5.7g
Saturated fat: 0.8g
Monounsaturated fat: 1.4g
Polyunsaturated fat: 3g
Protein: 3.4g
Carbohydrate: 31g
Fiber: 3.5g
Cholesterol: 4mg
Iron: 1.2mg
Sodium: 148mg
Calcium: 55mg

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Ingredients

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- 4 cups small broccoli florets (about 1 1/2 pounds) \$
- 1 1/2 cups seedless green grapes, halved \$
- 1 cup chopped celery \$
- 1 cup raisins
- 1/4 cup salted sunflower seed kernels
- 1/3 cup light mayonnaise \$
- 1/4 cup plain fat-free yogurt \$
- 3 tablespoons sugar \$
- 1 tablespoon white vinegar

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Preparation

Combine the first 5 ingredients in a large bowl.

Combine mayonnaise and remaining ingredients, stirring with a whisk. Pour dressing over broccoli mixture, and toss well. Chill for 1 hour.

Cooking Light

JUNE 2002

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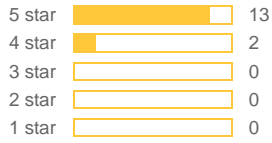
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Ratings and Reviews (15)



★★★★★ Outstanding

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15 Reviews

RebeccaBB

I LOVE this salad! Substitute red grapes for green and craisins for raisins, which adds color and kid-appeal. I also use Splenda instead of sugar. It is my standard "go to" recipe for covered dish dinners...and there are NEVER any leftovers!

★★★★★ Outstanding 11/23/11

BlueeyedSara7

With the exception of replacing the sunflower seeds with toasted almonds, I followed the recipe exactly and enjoyed the results. Very good, summery salad.

★★★★★ Worthy of a special occasion 09/19/11

cmosk06

I was looking for a no-bacon recipe (to cut corners on fat and calories) and this recipe surpassed my expectations. What an easy, tasty, dish! I used purple grapes instead of green and I added some (~1/4 cup) diced red onion. I think I'll add some chopped cucumber next time. This salad is so amazing, I love the versatility of it and its so easy to add/modify to your individual tastes.

★★★★★ Outstanding 08/01/11

lizardo1

What a tasty salad, with lots of different textures. I used less sugar and added slivered almonds that I toasted since I didn't have sunflower seeds. Loved it!

★★★★★ Outstanding 07/29/11

rstarrlemaitre

A great salad - perfect for picnics! The dressing was a little too sweet so next time I might decrease the sugar a bit, but I loved the rest of it - crisp broccoli, crunchy celery, sweet raisins, and salty sunflower - yum!

★★★★★ Worthy of a special occasion 06/28/11

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Broccoli Salad Recipe at a Glance

COURSE: Salads | **CONVENIENCE:** Make-Ahead, No-Cook, Portable/Picnic, Quick/Easy | **CUISINE:** American

MAIN INGREDIENT: Vegetables | **DIETARY CONSIDERATION:** Low Cholesterol, Meatless, Low Saturated Fat

PUBLICATION: Cooking Light

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