

Broccoli Cauliflower Salad

Ingredients:

Dressing

125 mL	½ cup	low-fat mayonnaise
125 mL	½ cup	low-fat plain yogurt
125 mL	½ cup	granulated sugar
50 mL	¼ cup	vinegar
1	1	bunch fresh broccoli
½	½	cauliflower
375 mL	1 ½ cup	shredded cheddar cheese
125 mL	½ cup	raisins
125 mL	½ cup	sunflower seeds (optional)

Preparation:

1. To make the dressing, combine mayonnaise, yogurt, sugar and vinegar in a medium-size bowl.
2. Wash broccoli and cauliflower under cool tap water and pat dry with a clean cloth or paper towels.
3. Using a knife and cutting board, remove stems and leaves and finely chop broccoli and cauliflower. Put in a large bowl.
4. Add cheese, raisins and sunflower seeds and mix well. Pour salad dressing over salad and stir to evenly distribute dressing throughout the salad.

Makes 8-10 cups

Preparation Time: about 20 minutes

Equipment:

- knife and cutting board
- bowls
- spoon

Canada's Food Guide Servings:

1 cup of salad is 2 VEGETABLES
AND FRUIT servings

