



RECIPE

Healthy Broccoli Salad

This Healthy Broccoli Salad is loaded with fresh broccoli, juicy grapes, red onion, crunchy sunflower seeds and raisins all tossed with a delicious zesty honey dijon dressing made with Greek yogurt instead of mayo!

Yield: 6 Servings

SCALE

Prep Time: 20 mins

Total Time: 20 mins

Ingredients

5 cup broccoli florets

1 cup red grapes, sliced

1/2 cup red onion, chopped

1/2 cup raisins

1/3 cup sunflower seeds

For the dressing:

1/2 cup plain Greek yogurt

3 tablespoon Dijon mustard

3 tablespoon honey (or maple syrup)

2 tablespoon apple cider vinegar

2 tablespoon lemon juice

1/2 teaspoon salt

1/4 teaspoon black pepper

Instructions

To make the dressing, whisk together Greek yogurt, Dijon mustard, apple cider vinegar, honey, lemon juice and salt/pepper in a small bowl or jar until creamy and smooth. Feel free to add a touch of olive oil or water if you want a thinner consistency.

In a large bowl, add in the broccoli, grapes, red onion, raisins and sunflower seeds and mix in the honey dijon yogurt dressing until everything is nicely coated. Taste the salad and season with additional salt and pepper, as needed.

Cover the salad and let it chill in the fridge for at least an hour or up to 24 hours before serving. Enjoy!

Nutrition Facts:

Serving Size: 1 cup **Calories:** 162 **Sugar:** 21.3 g **Sodium:** 302 mg **Fat:** 3.8 g **Saturated Fat:** 0.4 g **Carbohydrates:** 27.5 g

Fiber: 3.1 g **Protein:** 5.6 g

* Please note that all nutrition information are just estimates. Values will vary among brands, so we encourage you to calculate these on your own for most accurate results.

Find it online: <https://www.eatyourselfskinny.com/healthy-broccoli-salad/>