



Broccoli & Apple Salad

8 servings

Tastes even better the next day!

2 Tbsp. Sugar
6 Tbsp Apple Cider vinegar
2 Tbsp Dijon mustard (any spicy mustard)
1 Tbsp Canola oil
½ tsp Freshly ground pepper
¼ tsp Salt

1 ¼ lb. Broccoli, coarsely chopped
1 ¼ cups Apple, chopped (about ½ pound)
¼ cup Walla Walla or other sweet onion

- Combine first 6 ingredients in a large bowl, stirring well with a whisk
- Place chopped broccoli into bowl with vinegar mixture. Add chopped apple and minced onion, tossing to coat.

Recipe adapted from *Cooking Light Magazine*

Nutritional information:

Calories 72	Fat 2g
Saturated fat 0g	Cholesterol 0mg
Protein 3g	Carbohydrate 11g
Fiber 3g	