

Skinny Broccoli Salad

Fresh and crisp with a hint of sweet



INGREDIENTS:

- 3 small heads of broccoli, cut into bite-sized florets
- 1 medium red onion, chopped
- 1/2 cup of walnuts or sunflower seeds (or both)
- 1/2 cup dried cranberries
- 1/2 cup bacon, crumbled
- 3/4 cup plain Greek yogurt
- 3 tablespoons raw sugar
- 1 1/2 teaspoons white wine vinegar

DIRECTIONS:

1. In a small mixing bowl combine the Greek yogurt, sugar, and vinegar together.
2. In a larger bowl add broccoli, onion, nuts and/or seeds, cranberries, and bacon.
3. Drizzle the dressing over the salad and toss until evenly coated.

Credit: Bless Her Heart Y'all



Innovating primary care, leading as a Patient-Centered Medical Home.