

Broccoli



Broccoli belongs to a family of vegetables called cruciferous vegetables and its close relatives include brussels sprouts, cauliflower, and cabbage.

A cup of broccoli offers as much vitamin C (which builds new tissue and bone and helps wounds and cuts heal) as an orange, and is a good source of folate (production and maintenance of new cells in the body). Broccoli contains vitamins B1, B2, B3, B6, iron, magnesium, potassium (essential for function of nerves and heart function), and zinc too. It also provides fiber (promoting digestive health and lower cholesterol) and is low in calories.

Broccoli, Apple, & Carrot Salad with Walnuts

Serves 6-8 Prep Time: 20 minutes

Salad Ingredients:

2 medium heads of broccoli, chopped into small pieces
1 large carrot, grated
1 apple, cored and finely chopped
1/4 medium onion (1/4 cup), finely chopped
1/2 cup walnuts, toasted on a skillet and coarsely chopped
1/4 cup raisins *or* dried cranberries

Dressing Ingredients:

1/2 cup nonfat plain yogurt	2 tablespoons olive oil
2 tablespoons lemon juice	1 tsp sugar
1/4 tsp sea salt	Pinch of black pepper

Directions

1. Combine salad ingredients in a large serving bowl..
2. To make the dressing, combine all ingredients and mix well.
3. Mix as much of the dressing as you want into the salad, then serve.