

Broccoli Salad

6 cups	chopped broccoli	1.5	L
¼ cup	finely chopped red onion	50	mL
¾ cup	sweetened dried cranberries or raisins	175	mL
½ cup	pumpkin (pepita) seeds*	125	mL
2 tbsp.	flaxseed	25	mL

Dressing:

¾ cup	light mayonnaise	175	mL
2 tbsp.	raspberry vinegar	25	mL
2 tbsp.	granulated sugar	25	mL

- In a large bowl place broccoli, onion, cranberries, pumpkin seeds and flaxseed.
- In another bowl, combine mayonnaise, vinegar and sugar. Mix well.
- Pour over salad, toss well.
- Chill before serving.

* Sunflower seeds, chopped walnuts, or nuts of your choice may be substituted.

Yield: 6 servings

Serving Size: 1 cup (250 mL)

Single Serving Nutrient Values

Calories	319
Protein	10.7 g
Carbohydrate	29.5 g
Fat	20.1 g
Cholesterol	0 mg
Saturated Fat	3.8 g
Monounsaturated Fat	4.2 g
Polyunsaturated Fat	7.7 g
Dietary Fibre	4.3 gm
Sodium	251 mg
Potassium	681 mg
Folate	92 mcg