

Broccoli Cranberry Salad

Description

Here is a basic broccoli cranberry salad. The tangy cranberry fruit with the broccoli makes a tasty combination. And easy to prepare.

The lighter mayonnaise, yogurt and Splenda sugar substitute make this recipe easier on the calories but just as delicious.

Ingredients

- 3 cups fresh broccoli, chopped
- 1/2 cup dried cranberries
- 1/4 cup light mayonnaise
- 1/4 cup nonfat yogurt
- 1/4 cup sugar (splenda substitute if preferred)
- 1 tbsp apple cider vinegar
- 1/2 purple onion, finely chopped

Instructions

Wash the fresh broccoli thoroughly and remove the biggest part of the stems. You can set the stems aside to use for another dish. Chop the broccoli into small pieces.

In a large bowl combine the mayonnaise, yogurt, sugar, vinegar and onions. Mix until smooth. Stir in the broccoli and cranberries. Mix well.

Allow to chill in the refrigerator for several hours before serving.

Notes

You can substitute a bottle dressing (vinegarette or Italian) if you like. A fruity vinegarette would complement this salad nicely.

For an optional extra touch, sprinkle with toasted slivered almonds just before serving.



Summary

Yield: 6

Prep Time: 10 minutes

Category: Salads

Cuisine: American