



# RECIPE



# RENOVATION



CANCER SUPPORT  
**COMMUNITY**  
CENTRAL OHIO

## Broccoli Salad

Yields: 8 Servings

### INGREDIENTS

1½ pounds fresh broccoli cut into bite-size pieces  
1 cup fresh blueberries  
¼ cup finely chopped red onions  
½ cup sugar free dried cranberries  
¼ cup sunflower seeds  
1 large apple chopped into bite-size pieces  
1 Tablespoon lemon juice

#### From the homemade dressing:

1 cup plain Greek yogurt  
2 Tablespoons of honey  
1 Tablespoon lemon juice  
2 teaspoons apple cider vinegar  
1 Tablespoon poppy seeds

Source: Adapted from [kristineskitchenblog.com](http://kristineskitchenblog.com)  
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### INSTRUCTIONS

1. Place broccoli, blueberries, red onion, cranberries, and sunflower seeds in a large bowl.
2. In a small bowl, toss apples with 1 tablespoon lemon juice. Add to the big bowl with the salad.
3. In a small bowl, whisk together all dressing ingredients.
4. Add the apples into the bowl with the broccoli, blueberries, red onion, cranberries, and sunflower seeds.
5. Pour dressing over the salad and toss gently to combine. Salad may be served immediately or refrigerated until serving. It will last for 2-3 days in the refrigerator.

#### Notes:

You can substitute apple cider vinegar for the lemon juice in the dressing.  
You can leave the poppy seeds out of the dressing and no substitutions are needed.

#### Nutrition Information:

1 serving:

170 calories, 30 g carbohydrate (4 g fiber, 22 g sugar) 3 g fat, 6 g protein, 55 mg sodium