



Layered Broccoli & Cheese Salad

INGREDIENTS:

- 6 cups chopped broccoli
- 1 small red onion, sliced thinly
- $\frac{2}{3}$ cup dried sweetened cranberries or raisins
- $\frac{1}{2}$ cup plain nonfat yogurt
- 3 tablespoons honey
- 2 tablespoons low-fat mayonnaise
- 2 tablespoons cider vinegar
- 1 $\frac{1}{2}$ cup grated reduced-fat cheddar cheese
- $\frac{1}{2}$ cup unsalted dry-roasted hulled sunflower seeds

DIRECTIONS:

1. In a large glass serving bowl, arrange layers of broccoli, onion and cranberries or raisins.
2. In a small bowl, whisk together yogurt, honey, mayonnaise and vinegar. Drizzle dressing over layered salad.
3. Sprinkle cheese evenly on top. Cover and refrigerate until ready to serve.
4. Sprinkle with sunflower seeds just before serving.

Source: Adapted from National Dairy Council and Cabot Creamery Yield: 12 (1/2 cup) servings. 130 Calories per serving. Total fat 5g; Protein 7g; Total carbohydrate 15g; Dietary fiber 2g; Sodium 180g.