



## Recipe of the Month— December 2015

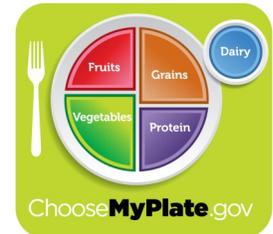
### Broccoli Salad

Serves 7

Serving Size: 1 cup

#### Ingredients:

1 bunch	<b>broccoli</b>
3 tablespoons	sugar
1/4 teaspoon	salt
1 teaspoon	<b>mustard</b>
1/3 cup	light mayo
3 tablespoons	cider or white vinegar
1/2 cup	<b>diced red onion</b> (1/2 medium onion)
1/2 cup	<b>raisins</b>



Make MyPlate Your Plate

#### Directions:

1. Cut 1/2 inch off bottom of the broccoli stem and discard. Peel the outer layer of the stem. Chop the tender inner portion of the broccoli and florets.
2. Mix sugar, salt, mustard, and mayo together in a large bowl. Add vinegar and stir with a wire whisk or fork.
3. Add the broccoli, red onion, and raisins.
4. Stir until mixture is coated with dressing. Serve salad immediately or store in a tightly covered container in the refrigerator. Store salad for up to 4 days.

**NUTRITION FACTS PER SERVING:** 110 calories, 3 g total fat (0 g sat. fat), 0 mg cholesterol, 200 mg sodium, 21 g carbohydrates, 3 g fiber, 14 g sugar, 3 g protein

*Recipe compliments of Iowa State University Extension:  
Healthy & Homemade Meals 2015 Nutrition & Fitness Calendar*