



## ***Recipe of the Month – April***

### **Broccoli Salad with Creamy Dressing**

Serves 8

Serving Size: ½ cup

#### **Ingredients:**

4 cups fresh broccoli florets  
2 cups sliced red bell pepper  
¾ cup shredded carrot  
½ cup chopped red onion  
½ cup shredded light cheddar cheese

#### **Dressing:**

¼ cup light mayonnaise  
¼ cup fat-free sour cream  
2 Tbsp Splenda granulated or 3 Splenda packets  
2 tsp dried dill  
2 cloves garlic, minced or ¼ tsp garlic powder or 1 tsp bottled pre-minced garlic  
¼ tsp salt (may be omitted)  
1/8 tsp black pepper

#### **Directions:**

1. Place broccoli in a microwave safe bowl
2. Add ¼ cup of water
3. Cover with a glass lid or use plastic wrap pierced several time with a knife
4. Microwave for 3 to 4 minutes until crisp tender
5. Rinse broccoli under cold water and drain well
6. In a large bowl, place broccoli, peppers, carrots and red onion
7. Toss and set aside
8. Meanwhile, in a small bowl, mix all ingredients for dressing
9. Toss dressing with broccoli mixture
10. Stir in cheddar cheese
11. Serve immediately

**NUTRITION FACTS PER SERVING:** Calories 80, Total Fat 4g , Saturated Fat 1g, Trans Fat 0g, Cholesterol 5mg, Sodium 270mg, Total Carbohydrate 9g, Dietary Fiber 2g, Sugars 3g, Protein 4g