



Bright Broccoli Salad

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 6 servings | Serving Size: 1 cup

Ingredients

- ⅔ cup olive oil mayonnaise
- ¼ cup red wine vinegar
- 4 cups bite-sized broccoli florets (about 1 pound)
- 1 cup finely diced onion (about 1 medium onion)
- 1 cup halved grapes
- 1 large carrot, shredded (or 2 medium; about 1 cup)
- ⅓ cup slivered or sliced almonds

Directions

1. Add the mayonnaise and vinegar to a large bowl. Stir together until smooth to make a dressing.
2. Add the broccoli, onion, grapes, carrots, and almonds.
3. Toss together to coat with the dressing.
4. Serve right away, or chill before serving if desired.

Recipe Notes

- To add color, consider using a red onion or include a variety of different colored grapes.
- If you are out of grapes, try substituting ¼ cup raisins instead.
- For a smoky flavor, crumble in 2 slices of cooked bacon.
- To cut down on the raw onion flavor, let the onion sit in the bowl with the red wine vinegar while you prepare the other ingredients.

**Nutrition Facts Per Serving: Calories: 120 | Total Fat: 6.5 g | Saturated Fat: 0 g
Sodium: 115 mg | Total Carbohydrate: 13 g | Dietary Fiber: 3 g | Protein: 3 g**

For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs