

---

**Waukesha County  
UW Extension  
Farmers Market Fresh**

---

## **Broccoli Mandarin Orange Salad**

*Ingredients:*

*Serves 4*

5 cups broccoli florets  
2 tbsp almonds  
2 11 oz. cans of mandarin orange sections, well drained  
1 orange, grated, peeled and juiced  
5 green onions, chopped  
3 tbsp white vinegar  
1 tbsp sugar  
1 tbsp olive oil  
salt and pepper to taste



*Directions:*

1. Steam broccoli flowerets in covered saucepan for three minutes only. Remove quickly and rinse with cold running water until broccoli is no longer warm. Place in serving bowl and chill, covered.
2. In a medium-sized bowl, combine almonds, drained mandarin oranges, grated peel and juice from orange, green onions, and remaining ingredients except for salt and pepper. Toss gently and allow to stand at room temperature for about 15 to 30 minutes.
3. When ready to serve, pour marinated orange mixture on chilled broccoli and toss very gently. Season to taste with salt and pepper and serve.

*This recipe was modified from Produce for Better Health Foundation (PBH)  
by Chef Carmen I. Jones, CCP.*