

# Apple Broccoli Salad

## Ingredients (makes 8 servings)

- 4 cups Broccoli (about 2 medium heads)
- 3 Apples of your choice
- 1/4 cup Red onion, diced
- 1/2 cup Raisins
- 1/2 cup Sunflower seeds, shelled
- 3/4 cup Favorite vinaigrette (raspberry, poppy seed, balsamic, etc.)

## Directions

1. Wash broccoli and cut the florets from the stalks. Set the stalks aside.
2. Cut the florets into very small pieces. Place in a large bowl.
3. Cut the hard outer skin off of the stems to get down to the tender inside. Discard the outer layer. Cut stems into small matchsticks or shred and then add to the large bowl along with the florets.
4. Dice apples into small pieces and add to broccoli.
5. Add the red onion, raisins and sunflower seeds.
6. Pour the dressing on the salad and toss.
7. Chill until ready to serve.

## Nutrition Information- Per serving

Calories	155	Total Sugars	13g	Sodium	223mg
Protein	3g	Total Fat	8g	Cholesterol	0g
Carbohydrate	21g	Saturated Fat	0.8g	Fiber	4g



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