

Nurses ABC (Awesome, Brave and Caring) Broccoli Salad

No Mayo Broccoli Salad

Ingredients:

- 1 ½ pounds of fresh broccoli, cut into bite-size pieces
- 1 cup fresh blueberries
- ¼ cup finely chopped red onion
- ½ cup dried cranberries
- ¼ cup sunflower seed or ½ cup chopped walnuts
- 1 large apple, chopped into bite-size pieces
- 1 tablespoon lemon juice

For the homemade dressing:

- 1 cup plain Greek Yogurt, low fat will also work
- ¼ cup honey
- 1 tablespoon lemon juice
- 2 teaspoons apple cider vinegar
- 1 tablespoon poppy seeds

Instructions

1. Place broccoli, blueberries, red onion, cranberries and sunflower seeds in a large bowl. In a small bowl, toss apple with 1 tablespoon lemon juice. Add to the big bowl of salad.
2. In a small bowl, whisk together all dressing ingredients. Pour dressing over the salad and toss gently to combine. Salad may be served immediately or refrigerated until serving. Once tossed with the dressing, it's best served within one day.

Submitted by: Shelia Maxwell