

Purple & Green Salad

Ingredients

- 1 cup purple/red grapes, halved
- 3½ cups broccoli florets, finely chopped
- ½ English cucumber, diced
- 3 Tbsp unsalted sunflower seeds
- ½ cup real mayonnaise
- 1 Tbsp lemon juice
- ¼ tsp salt
- ¼ tsp black pepper

Directions

1. In medium bowl, stir together grapes, broccoli, cucumber, and sunflower seeds.
2. In a separate bowl, combine the mayonnaise, lemon juice, salt, and pepper. Stir thoroughly to mix.
3. Pour the mayonnaise dressing over the salad and toss to mix.
4. Serve immediately or chill until ready to eat.

Handling & Storage

Look for broccoli that is firm with closed florets, odorless, and has a deep green color. Refrigerate broccoli, and use within 3-5 days.

To freeze, cut washed broccoli into florets and stalks into pieces. Steam about 5 minutes. Plunge into ice water to stop cooking and drain thoroughly. Place into sealed bags or

containers and freeze for up to 12 months.

Nutritional Information

Calories: 118

Total Fat: 7.6 g

Saturated Fat: 1.1 g

Cholesterol: 5 mg

Sodium: 255 mg

Total Carbohydrates: 12.1 g

Dietary Fiber: 1.8 g

Sugars: 5.1 g

Protein: 2.3 g

Serves 6