

Sweet & Sour Broccoli Salad

Serves 8 | ½ c serving

Nutrition Information

Calories: 42 Sodium: 22mg Carbohydrate: 6g



Ingredients

- 3 large broccoli stalks
(3 c broccoli florets)
- 1 medium apple
- 1 lemon, juiced (¼ c lemon juice)
- 2 Tbsp cider vinegar
- 1 Tbsp olive oil
- 2 Tbsp sugar
- 1 tsp Dijon mustard

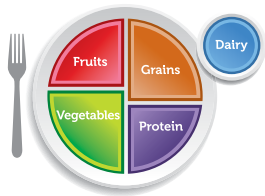
Directions

1. Wash broccoli and trim if needed.
2. Wash apples and core. Leave peel on. Thinly slice apples using a food processor. Alternatively, chop or shred. Combine sliced apples in a bowl with broccoli.
3. In a separate bowl, whisk remaining ingredients together.
4. Pour dressing over broccoli apple mixture. Chill in refrigerator before serving.

Additional Information

Eating a mix of foods from the food groups is important to promote health. The MyPlate icon is a reminder to make healthy choices from each of the five food groups. Vegetables are organized into subgroups based on their nutrient content. The vegetable subgroups include *dark green*, *red and orange*, *beans and peas (legumes)*, *starchy*, and *other*.

Foods in the *dark green* subgroup are an excellent source of vitamin K. They also provide nutrients such as calcium and folate and are great sources of vitamins A and C. Vegetables in this subgroup include arugula, bok choy, broccoli, collard greens, kale, mustard greens, spinach, Swiss chard, red leaf lettuce, romaine lettuce, and watercress.



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This project was funded using U.S. Department of Agriculture grant funds.