

Phytochemical Salad Booster



Asian Broccoli Salad

Serves: 6 | Serving Size: 1 cup

Ingredients:

1 tablespoon light soy sauce
2 tablespoons flavored vinegar
1 teaspoon sugar
2 tablespoons nonfat plain yogurt
2 carrots, peeled & sliced
2 cups broccoli florets
2 cups shredded cabbage

Directions:

Steam broccoli florets until just crisp-tender.

Combine first four ingredients in a large mixing bowl. Add the rest of the ingredients and mix well. Chill for several hours and mix again.

Serve on a platter or 6 small plates.

Nutrition Information:

Serves 6. Each serving has 42 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 205 mg sodium, 9 g carbohydrate, 2 g dietary fiber, 5 g sugar, and 2 g protein.

Each serving also has 84% DV vitamin A, 61% DV vitamin C, 4% DV calcium, and 5% DV iron.

Chef's Tips:

This recipe works best with fresh broccoli.

Spicy and/or fruity vinegars are a real treat in this dish.

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