Broccoli and Walnut Salad
Serves 6

Ingredients:
1 pound fresh broccoli florets (about 4 cups)
½ cup raisins or dried cranberries
½ cup walnuts, chopped
¼ cup finely sliced red onion
1/3 cup low fat mayonnaise
1 tablespoon sugar or 1 teaspoon Splenda
1 tablespoon vinegar or lemon juice
1 tablespoon milk

Directions:
1. In a large bowl, mix together broccoli, walnuts, and onion.
2. In a small bowl combine mayonnaise, sugar, vinegar and milk. Pour dressing over broccoli mixture and gently toss.

Note: Walnuts can be substituted with almonds, sunflower seeds or pumpkin seeds

Nutritional Information per ¾ cup serving:
Calories: 167  Carbohydrates: 18g
Total Fat: 9  Cholesterol: 3mg
Saturated Fat: 1g  Dietary Fiber: 4g
Protein: 5g  Sodium: 130mg