

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**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