Holiday Cauliflower, Broccoli and Cranberry Salad
Serves 6
This salad makes a colorful addition to any plate any time of the year!

Ingredients
½ cup low-fat mayonnaise
2 tablespoons sugar
1 ½ tablespoon vinegar
¼ teaspoon salt
¼ teaspoon pepper
½ head of cauliflower, cut into bite-size pieces (about 3 cups)
½ head broccoli, cut into bite-size pieces (about 3 cups)
½ cup dried cranberries or raisins
¼ cup diced red onion

Directions
1. In a large bowl, mix together mayonnaise, sugar, vinegar, salt and pepper.
2. Add cauliflower, broccoli, dried cranberries, and red onion. Toss to coat the vegetables.

Nutritional Information per Serving:
Calories: 91 Carbohydrates: 15g
Total Fat: 3g Cholesterol: 0mg
Saturated Fat: 1g Dietary Fiber: 3g
Protein: 2g Sodium: 298mg