

**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



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 tablespoons 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