Broccoli Salad
in a new light

Makes: 10 servings
Prep Time: 5 minutes
Cook Time: None
Difficulty: Easy

Ingredients:

• 1/4 cup light mayonnaise
• 1/4 cup plain nonfat Greek yogurt
• 1 tablespoon sugar
• 2 teaspoons cider vinegar
• 1 large head broccoli
• 1 cup halved cherry tomatoes
• 1/2 cup red onion, chopped
• 1/4 cup raisins
• 2 tablespoons shredded reduced-fat cheddar cheese
• 2 slices crisp-cooked crumbled bacon

Directions:

For dressing, in a small bowl, combine mayonnaise, yogurt, sugar, and vinegar, stirring to dissolve the sugar.

Trim the broccoli and cut florets and stems into bite-size pieces. Place in a large bowl with tomatoes, onion, raisins, and cheese. Add the dressing and toss to coat well. Sprinkle with bacon.

Nutritional Information: Per serving (1 cup): 70 calories, 3 g fat (0.5 g saturated, 0 g trans), 5 mg cholesterol, 110 mg sodium, 10 g carbohydrate, 2 g fiber, 3 g protein.