



## Broccoli Salad with Honey Mustard Dressing

*Tired of lettuce salads and ready for a new winter salad that tastes great? This is it! The broccoli and sunflower seeds provide Vitamin C, Vitamin E, and fiber, and the dressing and cranberries provide a nice sweetness your family will love.*

Serves: 6

### Ingredients

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| <ul style="list-style-type: none"><li>• 1 pound broccoli florets (stalks trimmed), thinly sliced and roughly chopped</li><li>• 1/2 cup raw sunflower seeds or slivered almonds</li><li>• 1/2 cup finely chopped red onion</li><li>• 1/2 cup grated sharp cheddar cheese</li><li>• 1/3 cup dried cranberries or dried tart cherries, chopped</li></ul> | <p><i>Honey Mustard Dressing</i></p> <ul style="list-style-type: none"><li>• 1/3 cup olive oil</li><li>• 2 tablespoons apple cider vinegar</li><li>• 1 tablespoon Dijon mustard</li><li>• 1 tablespoon honey</li><li>• 1 medium clove garlic, pressed or minced</li><li>• 1/4 tsp. salt</li></ul> |
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### Directions

1. Toast the sunflower seeds in a medium skillet over medium heat. Cook, stirring frequently until the seeds are turning golden, about 5 minutes. Add the toasted seeds into a large serving bowl.
2. Add the chopped broccoli, onion, cheese and cranberries to the serving bowl and set aside.
3. In a 1-cup liquid measuring cup or small bowl, combine all of the dressing ingredients (olive oil, vinegar, mustard, honey, garlic and salt). Whisk until the mixture is well blended.
4. Pour the dressing over the salad and stir until all of the broccoli is lightly coated in dressing. Let the salad marinate for at least 20 minutes or overnight in the refrigerator.
5. Consume within 4 days.

### Nutrition Info per serving:

Calories 300, Saturated Fat: 4.6 g, Sodium: 260 mg, Added Sugars: 3g, Fiber: 4g

Recipe from:

<https://cookieandkate.com/favorite-broccoli-salad-recipe/>