



# Broccoli Salad

Prep: 25 minutes | Chill: 30 minutes | Total: 55 minutes

Yield: 8 servings | Serving Size:  $\frac{3}{4}$  cup

## Ingredients

- $\frac{1}{3}$  cup dried currants
- $\frac{1}{2}$  cup boiling water
- 2 pounds broccoli, cut into large florets
- $\frac{1}{4}$  cup finely chopped red onion
- 1 cup sliced almonds, toasted

## Dressing

- $\frac{1}{4}$  cup plain Greek yogurt
- $\frac{1}{4}$  cup olive oil mayonnaise
- 2 tablespoons lemon juice
- 2 tablespoons rice vinegar
- $\frac{1}{4}$  teaspoon sugar
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon ground black pepper

## Directions

1. Place the currants in a small heatproof bowl. Pour the boiling water over the currants and set aside for 5 minutes, then drain off the water.
2. Meanwhile, add the dressing ingredients to a large bowl and whisk to combine.
3. Using a box grater or the shredding disk on a food processor, shred the broccoli.
4. Add the shredded broccoli to the bowl with the dressing.
5. Add the currants, red onion, and almonds and toss to combine.
6. Let the mixture sit for 30 minutes at room temperature or 1 hour in the refrigerator before serving.
7. Serve cold or at room temperature.

Nutrition Facts Per Serving: Calories: 170 | Total Fat: 9 g | Saturated Fat: 1 g  
Sodium: 15 mg | Total Carbohydrate: 15 g | Dietary Fiber: 5 g | Protein: 12 g

Adapted from TheKitchn.com | Submitted by Robin LaCroix RD, CSO  
For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



**VA** | U.S. Department  
of Veterans Affairs