

# BROCCOLI, APPLE SALAD, GREEK YOGURT DRESSING FIT

**Serving size:** ½ cup

**Makes** 6 **servings**

- 1 TBSP Greek Yogurt, plain, fat free
- 2 tsp Apple Cider Vinegar
- 1 tsp Honey
- 1/8 tsp Salt
- 1/8 tsp Ground Black Pepper
- 2 ½ cups Broccoli Florets
- 1 each Granny Smith Apple
- ½ tsp Lemon Juice
- 2 TBSP Dried Cranberries

## Preparation:

1. Make dressing by whisking yogurt, apple cider vinegar, honey, salt and pepper until combined. Set aside.
2. Blanch broccoli until just tender and shock in ice bath. Drain and reserve florets.
3. Core apples and slice into half moon pieces. Toss apple slices in lemon juice.
4. In a large bowl, toss apples, broccoli, cranberries and dressing together. Chill for 1 hour before serving.

RD Tip: If you purchased a crown of broccoli, don't toss the stem! Peel away the tough outer layer and julienne. No need to blanch, just toss into the salad raw.



*Registered Dietitian Approved!*



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## NUTRITION FACTS PER SERVING

calories	35
total fat (g)	<1
saturated fat (g)	<1
trans fat (g)	0
sodium (mg)	65
total carbohydrate (g)	7
dietary fiber (g)	1
sugar (g)	5
protein (g)	1