

Side

Zippy Broccoli Salad

15 Mins
Prep Time

0 Mins
Cook Time

8
Servings

214 Calories **15g Fat** **12g Carbs** **4g Protein**



Ingredients

8 Servings

35 Mins Total Time (Includes 20 Mins Marinating Time)

Allergens: Dairy

1 lb. Broccoli Florets (approximately 2 lbs. broccoli stalks), roughly chopped

½ Cup Roasted Sunflower Seeds

½ Cup Sharp Cheddar Cheese, grated

⅓ Cup Dried Cherries

- Honey Mustard Dressing -

⅓ Cup Extra Virgin Olive Oil

3 Tbsp Apple Cider Vinegar

2 Tbsp Dijon Mustard

2 Tbsp Honey

Salt, to taste

Allergen Swap

Dairy Use a dairy-free cheese or omit.

Nourishment Note



Cherries

Cherries are a great source of anthocyanins and quercetin. These antioxidants may help to protect the heart and lower inflammation within the body.



Sunflower Seeds

Sunflower seeds are rich in vitamin E. Vitamin E is a powerful antioxidant and may reduce chronic inflammation.



Broccoli

Broccoli is rich in disease-fighting compounds. It's packed with vitamins and minerals, fiber to aid in gut health, vitamin C to help with skin health and immune function and folate to promote new cell growth.

Instructions

1. Add Ingredients to Bowl

To a large bowl, add the chopped broccoli florets, roasted sunflower seeds, cheese and dried cherries.

2. Whisk Together Dressing

In a small bowl, whisk together the olive oil, apple cider vinegar, Dijon mustard and honey.

3. Drizzle Dressing Over Salad

Drizzle the dressing over the salad and mix thoroughly. Add salt, to taste.

4. Marinate & Serve

Let salad marinate for at least 20 minutes, or overnight in the refrigerator. Serve and enjoy!

Recipe adapted from [cookieandkate.com](https://www.cookieandkate.com)

What You'll Need



Knife



Cutting Board



Large Bowl



Large Spoon



Measuring Cups



Measuring Spoons



Small Bowl



Whisk

Fatigue Buster

- Purchase pre-chopped broccoli.
- Purchase grated cheddar cheese.