

Recipe: Broccoli Salad

By Sara Baker

I think many people struggle with eating clean because they think it is boring and often tasteless. Though I love fresh veggies, I do tire of steamed veggies day after day. Below is a tweaked recipe for a yummy spring salad using Greek yogurt for the dressing vs. mayonnaise. You could even add chopped chicken for a main dish.

Salad

- 2 ½ cups raw broccoli, cut into florets
- ¼ cup chopped red onion
- ½ tbs pumpkin seeds
- 1 tbs dried cranberries
- 2tbs salted, roasted cashews

Dressing

- 2-4 oz of plain Greek yogurt (varies depending on how creamy you want the salad)
- 2 tbs apple cider vinegar
- 1 package of Truvia

Place all salad ingredients in a bowl and mix. Mix dressing ingredients in separate bowl and mix well. Add dressing to salad and mix well. Refrigerate until ready to serve. Enjoy!

