Lunch

Crunchy Broccoli Apple Salad with Cranberries

Crisp broccoli florets and juicy apple are tossed in a creamy yogurt dressing with red onion, chewy cranberries, and crunchy walnuts. This no-cook salad comes together in minutes and chills until serving.



Gluten free

10 min	130	12 g	7 g
time	calories	carbs	sugars

Ingredients, 8 servings

- [ ] 3/4 cup plain nonfat Greek yogurt
- [ ] 1/4 cup mayonnaise
- [ ] 1 tbsp honey
- [ ] 2 tbsp apple cider vinegar
- [ ] 4 cup broccoli (fresh florets)
- [ ] 1 med apple
- [ ] 1/2 cup red onion (sliced)
- [ ] 1/2 cup dried cranberries (unsweetened)
- [ ] 1/4 cup walnuts (chopped)

Method

- [ ] **1** Whisk the Plain Nonfat Greek yogurt, mayonnaise, honey, and Apple Cider Vinegar together in a large bowl until smooth.
- [ ] **2** Trim the broccoli and cut the fresh florets into small bite size pieces.
- [ ] **3** Dice the unpeeled apple into small bite size pieces.
- [ ] **4** Add the broccoli, apple, sliced red onion, unsweetened dried cranberries, and chopped walnuts to the bowl and toss until everything is coated with the yogurt mixture.
- [ ] **5** Refrigerate until the salad is chilled and the flavors have combined, then stir just before serving.

Nutrition Facts

Per serving

Calories	**130**
Total fat	8 g
Saturated fat	1 g
Sodium	65 mg
Total carbs	12 g
Fiber	2 g
Total sugars	7 g
Protein	4 g

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