

Broccoli Cauliflower Apple Salad

Ingredients:

- 1 head broccoli
- 1/2 head cauliflower
- 1 apple
- 1 carrots
- 2 green onions
- 6 ounces vanilla yogurt, nonfat
- 1/4 cup peanuts, unsalted,
dry-roasted

Equipment:

- Cutting board
- Knife
- Large bowl
- Measuring cups

Number of Servings: 4
 Prep Time: 10 minutes
 Total Time: 2 hours

Directions

1. Hold broccoli by the stalk and turn upside down on a cutting board. Cut off the branches, turning the stalk to reach the next branch, until all the flowers are gone. Chop up the stalk into bite size pieces, and throw away the tough parts. Add to medium bowl.
2. Repeat for cauliflower.
3. Leave the skin on the apple and cut in half through the core. Then cut each piece in half again until you have 4 quarters. Cut out seeds and core and chop into small pieces. Add to bowl.
4. Wash carrot. Use a grater to shred carrot into small pieces, add to bowl.
5. Wash green onion and cut off the green stalks and the root end. Slice the white part into small circles. Add to bowl.
6. In separate bowl, mix yogurt and peanuts together. Pour dressing on top of fruits and vegetables, mix well.
7. Cover and refrigerate for 2 hours or longer to allow flavors to blend. Serve cold.

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| Nutrition Facts | |
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| Serving Size: 1 cup | |
| Servings: 8 | |
| Amount Per Serving | |
| Calories 84 | Calories from Fat 27 |
| %Daily Value* | |
| Total Fat 3g | 5% |
| Saturated Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 41mg | 2% |
| Total Carbohydrate 13g | 4% |
| Dietary Fiber 4g | 16% |
| Protein 5g | 10% |
| Vitamin A 97% | Vitamin C 127% |
| Iron 8% | Calcium 9% |
| *Percent Daily Values are based on a 2,000 calorie diet. | |

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