

Classic Broccoli Salad

Serves 6

Ingredients

3 cups Broccoli Florets
½ cup chopped red onion
¼ cup sunflower seeds
½ cup raisins
½ cup feta cheese

Dressing

½ cup low fat plain yogurt
¼ cup light mayonnaise
2 Tbsp granulated Sugar
1 Tbsp lemon juice

Method

In a salad bowl, combine broccoli, onion, sunflower seeds, raisins & cheese

In a separate bowl / large measuring cup, stir together yogurt, mayonnaise, sugar & lemon juice.

Pour dressing over salad and toss to mix.

Refrigerate for 2 hours or up to 2 days.

*Notes: Raisins can be subbed with dried cranberries & for extra flavour try adding crumbled/chopped bacon

Also, this salad is great if made ahead, i.e. the day before serving. In this case, it is good to make a second batch of dressing and, before serving, add more dressing as needed.