

Broccoli Cheddar Salad

Courtesy of Jessica Yamamoto

AhealthyU Cooking Demonstration, October 28, 2020

Ingredients

- 2 small heads of broccoli
- ¼ cup of sharp cheddar cheese
- ¼ red onion, chopped finely (or to preference)
- 2 (kid-sized) handfuls of raisins
- Other toppings to add texture and crunch (such as sliced almonds, dried cranberries, or sunflower seeds)

Dressing:

- ¼ cup of nonfat Greek yogurt
- ¼ cup of olive oil-based mayonnaise
- 1 tbs of honey
- 1 tbs of apple cider vinegar

Tools

- 1 large bowl
- 1 small bowl
- Knife (child-friendly if cooking with children)
- ¼ measuring cup
- 1 tbs measuring spoon
- One small and one large spoon (for mixing)

Directions

Break apart the broccoli head into small florets. Once all thick stems have been removed, compost or re-purpose for soups/salads if possible!

Finely chop ¼ red onion and mix in with the broccoli florets. Then mix in the rest of the dry ingredients (cheese, raisins, any nuts/seeds/dried fruit you plan on adding).

For the dressing, mix all the wet ingredients together in a separate bowl. Pour the dressing over the salad and mix.

Bon appétit! Or as we say in our kitchen, itadakimasu!