Broccoli Buffet Salad  
Makes 8 – ½ cup servings

Ingredients:
- Salad
  - 4 cups broccoli florets (about 1 bunch)
  - 1/2 cup chopped red onion
  - 1/4 cup sunflower seeds
  - 1/2 cup raisins
  - 1/2 cup low fat, grated, cheese
  - 1/2 cup pinto beans
- Dressing
  - 1/2 cup low-fat yogurt
  - 1/4 cup light mayonnaise
  - 2 tablespoon granulated sugar
  - 1 tablespoon lemon juice
  - salt and pepper to taste

Instructions:
1. Mix together washed and drained salad ingredients in large bowl.
2. In a separate bowl, stir together dressing ingredients.
3. Pour dressing over salad and mix gently.

Source: Healthy Children, Healthy Families: Parents Making a Difference! Food and Nutrition Education in Communities, Division of Nutritional Sciences, Cornell University.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving size</th>
<th>Amount per serving</th>
<th>Calories</th>
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<tbody>
<tr>
<td>1/2 Cup (104g)</td>
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<td>130</td>
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- Total Fat: 5g (6%)
- Saturated Fat: 1g (5%
- Trans Fat: 0g
- Cholesterol: 5mg (2%)
- Sodium: 170mg (7%)
- Total Carbohydrate: 18g (7%)
- Dietary Fiber: 3g (11%)
- Total Sugars: 12g
- Includes 2g Added Sugars (4%)
- Protein: 4g

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.