Broccoli Buffet Salad
Makes 8 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 reduced fat, shredded, cheese
1/2 cup pinto beans (drained)

Dressing
1/2 cup low-fat plain yogurt
1/4 cup light mayonnaise
2 tablespoon sugar
1 tablespoon lemon juice
salt and pepper to taste

Directions:
1. Mix together broccoli florets, onion, sunflower seeds, raisins, cheese and pinto beans, in a large bowl.
2. In a separate bowl, stir together yogurt, light mayonnaise, sugar, lemon juice and salt and pepper.
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