creamy broccoli cranberry salad

Makes 5 servings

INGREDIENTS

8 oz. fresh broccoli (salad bar cut)
1/4 cup red onion, diced ¼"
1/4 cup dry cranberries
1/2 oz. sunflower seeds
1/2 cup low-fat vanilla yogurt
1 oz. white distilled vinegar
1 tsp. granulated sugar
3 Tbsp + 1 tsp low-fat mayonnaise
1 Tbsp + 2 tsp skim milk

INSTRUCTIONS

1. Combine broccoli, onion, cranberries, sunflower seeds.
2. Combine yogurt, vinegar, sugar, mayonnaise and milk. Blend until all ingredients until smooth.
3. Add dressing to broccoli mixture. Toss well until the salad is well coated.
4. Hold at 41°F or less.
5. Serve 1/2 cup.

NUTRITIONAL FACTS: PER SERVING

Calories: 131
Total Fat: 4.5 g
Saturated Fat: 1 g
Cholesterol: 1 mg
Sodium: 127 mg
Iron: 0.55 mg
Calcium: 63 mg
Protein: 3 g
Carbohydrates: 20 g
Dietary Fiber: 1.6 g
Vitamin A: 1506 IU
Vitamin C: 41 mg