



Layered Broccoli Salad

Makes 6 servings

Prep Time: 25 min

Cook Time: 25 min

Ingredients

- 6 cups chopped broccoli flowerets
- 1 small red onion, very thinly sliced
- 1 1/2 cups (6 ounces) grated Cabot 50% Light Cheddar cheese
- 2/3 cup dried, sweetened cranberries or raisins
- 1/2 cup plain fat free yogurt
- 3 tablespoons honey
- 2 tablespoons mayonnaise
- 2 tablespoons cider vinegar
- 1/4 cup unsalted, dry roasted, hulled sunflower seeds or chopped walnuts
- 1 ounce (2 tablespoons) 50% less fat bacon pieces

In a large, glass serving bowl, layer broccoli, onion and cranberries. In a small bowl, whisk together yogurt, honey, mayonnaise and vinegar. Drizzle the yogurt dressing over the layered salad. Layer cheese on top. Cover and refrigerate until ready to serve. Sprinkle with sunflower seeds and bacon pieces just before serving.

Recipe created by Cabot Creamery

Nutritional Facts per serving for individual food recipe:

Calories: 280
Fat: 12 g
Saturated Fat: 4.5 g
Cholesterol: 25 mg
Sodium: 350 mg
Calcium: 25% Daily Value
Protein: 14 g
Carbohydrates: 29 g