BROCCOLI MANDARIN ORANGE SALAD

SERVES 6

Colorful and full of crunch, this salad will please even the non-veggie people!

INGREDIENTS

- 5 cups broccoli florets
- 2 tablespoons silvered or chopped almonds
- 2 (11 oz.) cans mandarin orange sections, well drained
- 1 orange, grated peel and juice
- 5 green onions, chopped
- 3 tablespoons white vinegar
- 1 tablespoon sugar
- 1 tablespoon olive oil
- salt to taste
- pepper to taste

DIRECTIONS

1. Steam broccoli florets in covered saucepan for 3 minutes only. Remove quickly and rinse with cold water until broccoli is no longer warm. (Do not cook further.) Place in serving bowl and chill, covered.

3. Meanwhile, in a medium-sized bowl, combine almonds, drained mandarin oranges, grated peel and juice from orange, green onions, and remaining ingredients except for salt and pepper.

4. Toss gently and let stand at room temperature for 15 to 30 minutes.

5. When ready to serve, pour marinated orange mixture on chilled broccoli and toss very gently.

6. Season to taste with salt and pepper and serve.

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NUTRITION FACTS

- Serving Size: 1/6 of recipe
- Calories: 84
- Total Fat: 3.4g
- Cholesterol: 0mg
- Sodium: 19mg
- Total Carbohydrate: 13g
- Dietary Fiber: 3g
- Protein: 3g

Recipe courtesy of Fruits & Veggies—More Matters®

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