

# CHOPPED BROCCOLI SALAD WITH WALNUTS

Makes 4 servings



## Ingredients



4 cups broccoli, chopped small



¼ cup walnuts, chopped



¾ cup raisins



2 to 3 scallions or green onions, sliced



2 carrots, shredded



1 cucumber, chopped



3 tablespoons apple cider vinegar



¼ cup olive oil



\*Optional:  
2 cups whole grain like brown rice, farro or millet



Salt and pepper to taste

1

In a large pot, boil 4 cups of water over high heat.

2

Add broccoli and cook for 3 minutes.

3

Rinse broccoli under cold water until cool.

4

Place cooled broccoli with walnuts, raisins and all remaining vegetables in a bowl.

5

To make dressing, whisk together vinegar and oil until combined in a separate bowl.

6

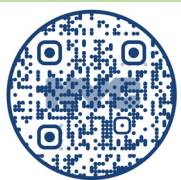
Pour dressing over mixed salad. Season with salt and pepper to taste.

7

To make this a complete meal, serve each portion with a ½ cup of your favorite whole grain like brown rice, farro, millet or a piece of whole wheat bread.

### Nutrition Information (per serving, without optional side):

Calories 310, Total fat 19g, Saturated Fat 2.5g, Cholesterol 0mg, Sodium 350mg, Carbohydrate 35g, Fiber 5g, Added Sugars 0g, Protein 5g



## EAT A WHOLE LOT MORE PLANTS

For free recipes, resources and food assistance, call **311** or visit [nyc.gov/nutrition](https://nyc.gov/nutrition).



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