

## Layered Broccoli Salad



*Recipe created by Cabot Creamery*

Makes 6 servings

Prep time: 25 minutes

6 cups chopped broccoli flowerets  
1 small red onion, very thinly sliced  
1 1/2 cups (6 ounces) shredded reduced fat 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.

### **Nutritional Information 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

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