

Side

# Zippy Broccoli Salad

**15 Mins**  
Prep Time

**0 Mins**  
Cook Time

**8**  
Servings

 **214** Calories **15g** Fat **12g** Carbs **4g** Protein



## Ingredients

 **8 Servings**  **35 Mins** Total Time (Includes 20 Mins Marinating Time)  **Allergens: Dairy**

**1 lb.** Broccoli Florets (~2 lbs. Broccoli stalks) roughly chopped 

**½ Cup** Roasted Sunflower Seeds 

**½ Cup** Sharp Cheddar Cheese, grated

**⅓ Cup** Dried Cherries 

- Honey Mustard Dressing -

**⅓ Cup** Extra Virgin Olive Oil

**3 Tbsp** Apple Cider Vinegar

**2 Tbsp** Dijon Mustard

**2 Tbsp** Honey

Salt, to taste

### Allergen Swap

**Dairy** Use a dairy-free cheese or omit.

### Nourishment Note



#### **Cherries**

Cherries are a great source of anthocyanins and quercetin. These antioxidants may help to protect the heart and lower inflammation within the body.



#### **Sunflower Seeds**

Sunflower seeds are rich in vitamin E. Vitamin E is a powerful antioxidant and may reduce chronic inflammation.



#### **Broccoli**

Broccoli is rich in disease-fighting compounds. It's packed with vitamins and minerals, fiber to aid in gut health, vitamin C to help with skin health and immune function and folate to promote new cell growth.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Add Ingredients to Bowl

To a large bowl, add the chopped broccoli florets, roasted sunflower seeds, cheese and dried cherries.

### 3. Whisk Together Dressing

In a small bowl, whisk together the olive oil, apple cider vinegar, Dijon mustard and honey.

### 4. Drizzle Dressing Over Salad

Drizzle the dressing over the salad and mix thoroughly. Add salt, to taste.

### 5. Marinate & Serve

Let salad marinate for at least 20 minutes, or overnight in the refrigerator. Serve and enjoy!

### 6. Wash Hands

Wash hands with soap and water.

Recipe adapted from [cookieandkate.com](https://www.cookieandkate.com)

## What You'll Need



Knife



Cutting Board



Large Bowl



Large Spoon



Measuring Cups



Measuring Spoons



Small Bowl



Whisk

### Fatigue Buster

- Purchase pre-chopped broccoli.
- Purchase grated cheddar cheese.