



Dash
of
Wellness

Crunchy Broccoli Slaw

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1 bag broccoli slaw (11 oz.)	½ cup non-fat Greek yogurt
2 green onions, sliced	½ cup light mayonnaise
1 red apple, cored and chopped	1 Tbsp. lemon juice
6 oz. dried cranberries	¼ tsp. ground pepper
1/3 cup toasted walnuts, chopped	¼ tsp. salt

Directions

1. Wash hands with soap and water.
2. Mix together yogurt, mayonnaise, lemon juice, salt and pepper. Set aside.
3. Chop broccoli slaw into smaller pieces and mix in a large bowl with cranberries, apples, and onions.
4. Pour yogurt mixture over broccoli mix. Mix well.
5. Toast walnuts in a skillet over medium heat until browned and fragrant (4-5 minutes) or toast in the oven on a baking sheet at 350°F for 7-10 minutes. Sprinkle toasted walnuts on top salad and enjoy! **Yield:** 12-1/2 cup servings

Source: Recipes for Diabetes, University of Illinois Extension

Nutrition Facts (per ½ cup serving): 121 calories, 5.5 grams fat, 147 milligrams sodium, 16 grams carbohydrate, 2 grams fiber, 1.5 grams protein

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