Broccoli Grape Salad

Ingredients:

- 3 cups fresh broccoli, chopped
- 1 cup red grapes, cut in half
- 1/2 cup red onions, diced
- 1/4 cup raw pecans, unsalted
- 1/2 cup fat-free mayonnaise
- 1/2 cup plain Greek yogurt
- 1/3 cup red wine vinegar
- 1 packet Truvia® sweetener (or 1 teaspoon honey)
- 1/2 teaspoon dried thyme
- Kosher salt and black pepper (optional)

Directions

1. Lightly roast pecans in a small skillet over medium heat for 3 to 5 minutes or until fragrant; do not burn. Set aside.
2. In a large bowl, add broccoli, grapes, onions, and pecans.
3. In a small bowl, whisk together mayonnaise, yogurt, vinegar, sweetener, and thyme. Add kosher salt and pepper, if desired. Add other ingredients to the large bowl and mix together.
4. Top with pecans and serve.

Nutrition Facts

Serving Size 1/2 cup (137g)
Servings Per Container 6

Amount Per Serving

Calories 80	Calories from Fat 40
	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 220mg	**9%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 2g	**8%**
Sugars 8g	
Protein 4g	

Vitamin A 20% • Vitamin C 60%

Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Source: VNPCC Wellness Center