



**Nutrition Information Per Serving:**

Calories: 271  
Protein: 13 g  
Carbohydrates: 36 g  
Fat: 9 g  
Fiber: 7 g

<b>PREP TIME</b> <b>15</b> mins	<b>COOK TIME</b> <b>0</b> mins	<b>TOTAL TIME</b> <b>15</b> mins	<b>RECIPE MAKES</b> <b>4</b> serving
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Broccoli salad is a classic side dish for summer gatherings and we've given it a protein punch by replacing the mayonnaise with protein-packed Lowfat plain Muuna cottage cheese! Enjoy this salad at your next party or family dinner for a fresh and crunchy summer dish.

**INGREDIENTS**

**Salad:**

- 4 cups Fresh broccoli florets
- ½ cup Shredded carrots
- ¼ cup Red onion, diced
- 2 Large apples, chopped
- ½ cup Toasted sunflower seeds
- ¼ cup dried cranberries

**Dressing:**

- 1 cup Lowfat plain Muuna cottage cheese
- 2 Tbsp. Skim milk
- 2 Tbsp. Lemon juice
- 1 Tbsp. Sugar
- ¼ Tsp. Salt
- Pepper to taste

**INSTRUCTIONS**

- 1) In a food processor, combine dressing ingredients. Pulse until smooth.
- 2) Combine salad ingredients in a bowl and mix.
- 3) Pour dressing over the mixture and stir to coat.
- 4) Cover and refrigerate until ready to serve.

*Note: If you do not plan to enjoy this salad right away, add the sunflower seeds to it later so they don't become soggy.*