

SALADS

Broccoli Salad

Makes 2 servings · about 1½ cups each

SATIETY SCORE	NUTRITION
● ● ● ● ○ 4 / 5	HIGH
Per serving (approx.): Protein 7 g · Fiber 7 g · Calories 335	

Ingredients

- 1 bunch broccoli, cut into small florets
- ¼ cup raisins or dried cranberries
- ¼ cup pecans (or nut/seed of choice)
- 1 mini sweet pepper, diced
- 2 Tbsp red onion, diced
- 2 Tbsp balsamic vinegar
- 2 Tbsp olive oil

Directions

1. Mix all ingredients together.
2. Chill before serving.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

Broccoli Salad

Makes 2 servings · about 1½ cups each

Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 bunch broccoli small florets
- ☐ 1 mini sweet pepper
- ☐ 1 medium red onion (about ⅓ cup diced)

PANTRY & DRY GOODS

- ☐ ¼ cup raisins or dried cranberries
- ☐ ¼ cup pecans

CHECK YOUR PANTRY

- ☐ Balsamic vinegar
- ☐ Olive oil