Broccoli Salad  
Serves 6

Ingredients:

2 T canola mayonnaise  
½ c plain, nonfat yogurt  
2 T cider vineagar  
1 T honey  
¼ tsp cayenne pepper  
¼ tsp sea salt  
1 medium bunch broccoli, florets and stems diced (4 cups)  
½ c red onion, diced  
¼ c cashews, chopped  
¼ c dried cranberries, cherries or raisins

Preparation:  
  
In a large bowl, mix together the first 6 ingredients with a fork. Add broccoli, onion, cashews and cranberries. Mix well and refrigerate.

Nutritional Information (1/2 cup):

Calories: 112, Total Fats: 5 g, Saturated Fat: 1 g, Trans Fat: 0 g, Cholesterol: 1 mg, Sodium: 202 mg, Total Carbohydrates: 14 g, Dietary Fiber: 2 g, Sugars: 10 g, Protein: 4 g, Iron: 1 mg

BONUS TIP: Try broccoli sprouts in your sandwiches and salads. They look like alfalfa sprouts, with tiny little stems with leaves at the tips and they taste like radishes. Researchers at Johns Hopkins School of Medicine discovered that just one half-cup serving of broccoli sprouts had as many cancer-fighting compounds as one-and-a-quarter pounds of a broccoli bunch! Look for broccoli sprouts on your next grocery trip.