

BROCCOLI MANDARIN ORANGE SALAD

Total number of servings: 6
Serving size: 1 cup

INGREDIENTS

5 cups broccoli florets
1 orange
2 tablespoons almonds
2 11-ounce cans of mandarin orange sections, well drained
5 green onions, chopped
3 tablespoons white vinegar
1 tablespoon sugar
1 tablespoon olive oil
Optional: Salt and pepper

DIRECTIONS

Time needed: 15 minutes preparation; 20 minutes waiting time

1. Steam broccoli flowerets in covered saucepan for 3 minutes only.
2. Remove quickly and rinse with cold running water until broccoli is no longer warm. Do not cook further.
3. Place in serving bowl and chill, covered.
4. In a medium-sized bowl, grate the peel of the orange. Cut the orange in half and juice the orange over the bowl.
5. Add the rest of the ingredients to the bowl except for the broccoli, salt, and pepper. Toss gently and allow to stand at room temperature for 20 minutes.
6. When ready to serve, add chilled broccoli to the bowl and toss very gently.
7. Season to taste with salt and pepper, if desired, and serve.

Find more Extension Center for Family Development recipes at z.umn.edu/therecipebox.



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NUTRITIONAL INFORMATION

Calories:	84
Total Fat:	3.4 g
Saturated Fat:	0.4 g
Cholesterol:	0 mg
Sodium:	19 mg
Total Carbohydrates:	13 g
Dietary Fiber:	3 g
Protein:	3 g

Allergens: Nuts

TIPS AND VARIATIONS

- Vividly green vegetables such as broccoli will slowly turn a drab yellow-green color when in the presence of acids for a moderate period. To keep this salad bright in color, add the dressing just before serving.
- Serve this salad with grilled or baked fish, chicken, or tofu and brown rice for a complete meal.

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