



JERSEY TASTES!

RECIPES

Cranberry Broccoli Salad

INGREDIENTS

FAMILY-SIZE

SERVES 6

#PORTION SIZE 8 OZ



Broccoli Salad

- 6½ cups chopped broccoli about 3 heads
- 1½ cups shredded baby kale or red cabbage
- ¼ cup diced small red onion
- 1 cup fresh cranberries or ½ cup dried cranberries
- ½ cup sunflower seeds

Dressing

- 1½ cups greek yogurt
- 1 ½ tablespoons lemon juice
- 2½ tablespoons apple cider vinegar
- 2½ teaspoons honey
- ½ teaspoon salt
- ½ teaspoon ground turmeric

SCHOOL FOOD SERVICE

SERVES 24

PORTIONS: 24-8 OZ



Broccoli Salad

- 10 lbs. chopped broccoli about 12 heads
- 2 lbs. shredded baby kale or red cabbage
- 6 oz. diced small red onion
- 1 lb. 4 oz. fresh cranberries or 10 oz. dried cranberries
- 20 oz. sunflower seeds

Dressing

- 36 oz. greek yogurt
- 2½ oz. lemon juice
- 1½ oz. apple cider vinegar
- 3¾ oz. honey
- ¼ oz. ground turmeric
- salt to taste

DIRECTIONS

1 In a large bowl add the Greek yogurt, lemon juice, apple cider vinegar, honey, salt, and turmeric. Mix well. Set aside

2 In a large bowl, combine the chopped broccoli, baby kale, red onion, dried cranberries, and sunflower seeds. Pour the prepared dressing over and mix well with a large spoon until everything is coated.

3 Refrigerate for at least 30 minutes before serving to let the flavors mingle. Enjoy! Leftovers will keep for 3-4 days in a covered container in the refrigerator



Fun Fact:

Cranberries have small pockets where air seeps into that allows them to float.

Cranberries are good for your teeth preventing bacteria and plaque-buildup on teeth.



PORTION SIZE: 1 Bowl

1 Bowl= 1oz Meat/ Meat Alternative

1/4 cup Fruit Equivalent;

1 cup Vegetables (1 cup Dark Greens)



RECIPES MADE IN COLLABORATION WITH:

