

Favourite Broccoli Salad

Author: Cookie and Kate Prep Time: 20 minutes

This broccoli salad recipe is the best! It's healthy, too, thanks to the delicious honey-mustard vinaigrette. This broccoli salad is great for lunch. Recipe yields 6 side servings.

INGREDIENTS

Salad

- 500gms broccoli florets (from 750grams broccoli stalks), thinly sliced and then roughly chopped into small pieces
- ½ cup raw sunflower seeds or slivered almonds
- ½ cup finely chopped red onion
- ½ cup grated sharp cheddar cheese (optional)
- ⅓ cup dried cranberries or dried tart cherries, chopped

Honey mustard dressing

- ⅓ cup extra-virgin olive oil
- 2 tablespoons apple cider vinegar
- 1 tablespoon Dijon mustard
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- 1 tablespoon honey
- 1 medium clove garlic, pressed or minced
- ¼ teaspoon fine sea salt



INSTRUCTIONS

1. Toast the sunflower seeds: Pour the sunflower seeds into a medium skillet over medium heat. Cook, stirring frequently (careful, they'll burn!), until the seeds are turning golden on the sides, about 5 minutes. Pour the toasted seeds into a large serving bowl.
2. Add the chopped broccoli, onion, cheese and cranberries to the serving bowl. Set aside.
3. In a 1-cup liquid measuring cup or small bowl, combine all of the dressing ingredients (olive oil, vinegar, mustard, honey, garlic and salt). Whisk until the mixture is well blended.
4. Pour the dressing over the salad and stir until all of the broccoli is lightly coated in dressing. I highly recommend letting the salad marinate for at least 20 minutes, or even overnight in the refrigerator.
5. Divide the salad into individual bowls and serve. Leftovers will keep well for 3 to 4 days in the fridge, covered.

NOTES

MAKE IT VEGAN: Omit the cheese, and use maple syrup instead of honey.

MAKE IT DAIRY FREE: Omit the cheese.

MAKE IT NUT FREE: Be sure to use sunflower seeds instead of almonds.