



Broccoli Salad

This salad showcases crunchy broccoli, sweet red onion, tart cranberries, and toasty walnuts tossed in a tangy dressing.

Makes about 10 (2/3-cup) servings

6 cups broccoli florets, cut into small pieces
1/2 cup chopped red onion
1/2 cup shredded carrots
1/3 cup dried cranberries
1/4 cup light mayonnaise
2 tablespoons nonfat sour cream
1 tablespoon sugar
3 tablespoons NAKANO seasoned rice vinegar
1/4 cup coarsely chopped walnuts, toasted

1. In a large bowl, combine broccoli, onion, carrots, and cranberries.
2. In a small bowl, combine remaining ingredients, except walnuts. Toss with broccoli mixture. Refrigerate. When ready to serve, toss with walnuts.

Nutritional information per serving Calories 78 | Calories from fat 46% | Fat 4 g Saturated Fat 1 g | Cholesterol 3 mg | Sodium 66 mg Carbohydrate 10 g | Dietary Fiber 2 g | Sugars 6 g | Protein 2 g Diabetic Exchanges 1/2 carbohydrate | 1 fat