



Ingredients

- 3 cups raw broccoli, chopped
- 1 medium carrot, peeled and diced
- 2 stalks celery, thinly sliced
- 1/2 cup raisins
- 1/4 cup onion, chopped
- 1 cup cooked ham, chicken or turkey
- 1/4 cup light mayonnaise
- 1/2 cup plain, non-fat yogurt
- 1 Tablespoon sugar
- 1 teaspoon vinegar

Serving Size 2/3 cup
 Yield 8 Servings
 Prep time: 15 minutes

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Directions

1. Wash and prepare vegetables.
2. In a large bowl mix together broccoli, carrot, celery, raisins, onion and meat.
3. Mix together mayonnaise, yogurt, sugar and vinegar in a separate bowl.
4. Add mayonnaise mixture to salad and mix well.
5. Refrigerate leftovers within 2 hours.

Notes

- Try adding apples or jicama.
- You can use dried cranberries instead of raisins.
- This salad can be prepared the day before and stored in the refrigerator.

Nutrition Facts	
Serving Size 2/3 cup (101g)	
Servings Per Container 8	
Amount Per Serving	
Calories 100	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 260mg	11%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 10g	
Protein 4g	
Vitamin A 45%	Vitamin C 45%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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