

Broccoli Salad-Raw or Cooked*

Ingredients:

- 1/3 pound (5 ounces) fresh or frozen broccoli, chopped
- 1 1/2 tablespoons onion, chopped
- 1 1/2 tablespoons ripe olives, chopped
- 1/4 cup fat-free ranch-style dressing



Amount Per Serving	
Calories 90	Calories from Fat 10
% Daily Values*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrate 18g	6%
Dietary Fiber 4g	17%
Sugars 5g	
Protein 3g	
Vitamin A 35%	Vitamin C 180%
Calcium 6%	Iron 6%
*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	

Preparation:

1. Combine chopped broccoli, onion, olives, and dressing. Stir until mixed well.
2. Cover and refrigerate.

Makes two 1/2 cup servings

*If you prefer, cook the fresh broccoli in a microwave until tender and then chill.