

Roasted Broccoli & Cauliflower Salad with yogurt, honey and lemon

INGREDIENTS

SALAD:

1/2 Head of cauliflower, cut into small pieces (2 cups)

1 Bunch of broccoli, cut into small pieces (2 cups)

1 cup carrots, shredded

1/2 cup scallions, sliced

3/4 cup dried cranberries

1/4 cup toasted sunflower seeds

DRESSING:

1/2 cup non-fat Greek yogurt

1/2 cup low-fat mayonnaise

3 tablespoons raw honey

1 tablespoon lemon juice

1 teaspoon lemon zest



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Instructions

1. Roast the cauliflower and broccoli with 2 tablespoons of olive oil, salt and pepper to taste at 375° F for 12 minutes, then cool.
2. While the vegetables are roasting, mix together the yogurt, mayonnaise, honey, lemon juice and zest until smooth. Season with salt and pepper to taste.
3. Once the cauliflower and broccoli is cooled, toss with the rest of the ingredients and dressing.
4. Serve!

Makes 6 servings

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