

Confetti Veggie Salad

by Raquel DeHoyos, comfortandheal.com, April 2020



Ingredients

2 cups blanched broccoli
1 cup minced red cabbage
1 cup shredded carrots
1 large apple, cored and diced
½ cup raisins
¼ cup unsalted sunflower seeds

For the dressing

½ cup mayonnaise
2 tablespoons apple cider vinegar
2 tablespoons honey
pinch of salt

Makes 4 ½ cups

Instructions

Blanch broccoli in a large pot of boiling water for 10 seconds or until still crisp but bright green. Drain and shock under cold running water. Add to a large mixing bowl.

Add in minced cabbage, shredded carrots, raisins and sunflower seeds.

In a separate bowl, whisk together mayonnaise, vinegar, honey and salt. Dress salad with mayonnaise mixture and combine. Chill in the refrigerator for at least

1 hour. Best consumed 1-2 days after making.

Health Notes

One of the simplest changes you can make towards a healthier diet is to add more vegetables to your daily meals.

Recommended guidelines encourage 1 to 3 servings per day depending on your age, gender and activity level. Aim to eat between 1/2 to 1 cup of raw or cooked vegetables per serving. Vegetables not only provide value vitamins but also dietary fiber which helps keep us feeling full longer and moves things through our systems a little easier. If you're on a specialized diet or taking medications that limit your intake of certain vegetables, ask your doctor for a handy list so you can keep tabs on how much you are allowed to consume per day. Find your favorites and vary the way you eat them by cooking them in different ways.